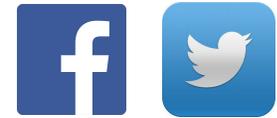


## "TO TRAVEL IS TO LIVE"



**Check us out on Social Media!**



[www.facebook.com/MedSource - Travelers](http://www.facebook.com/MedSource-Travelers)

[www.twitter.com/medsourcetravel](http://www.twitter.com/medsourcetravel)

### National Wellness Dates in April



April 2nd

**World Autism Awareness Day**  
Joined by the international community, hundreds of thousands of landmarks, buildings, homes and communities around the world, light blue in recognition of people living with autism.



April 7th

**World Health Day**  
The World Health Day is a global health awareness day celebrated every year on 7 April, under the sponsorship of the World Health Organization, as well as other related organisations.



April 11th

**World Parkinson's Day**  
On 11 April 2018 we are asking everyone, no matter where they are around the world, to unite and raise awareness and understanding of Parkinson's on a bigger scale than ever before.

### March 2018 Traveler of the Month



We want to take a moment to give a special notice to our March traveler of the month, Tami M.! Thank you for being such an important part of our team!



### What we look for when picking our "Traveler of the Month"?

- \*Flexibility
- \*Dependability
- \*Team Player
- \*Works Scheduled Hours
- \*Receives Excellent Evaluations
- \*Active on Social Media
- \*Goes above and beyond to represent themselves as an outstanding medical professional
- \*And of course, continued loyalty to MedSource!!

### Month of April: Alcohol Awareness Month

Founded and sponsored by NCADD, Alcohol Awareness Month was established in 1987 to help reduce the stigma so often associated with alcoholism by encouraging communities to reach out to the American public each April with information about alcohol, alcoholism and recovery. Alcoholism is a chronic, progressive disease, genetically predisposed and fatal if untreated.

National Council on Alcoholism and Drug Dependence, Inc.

217 Broadway, Ste. 712, NY, NY 10007

(212) 269-7797 | [www.ncadd.org](http://www.ncadd.org)





## April Fools' Day: How Did It Start?

By Blair Shiff

Almost everyone has fallen victim to an April Fools' Day joke. But why does this tomfoolery take place every year on April 1?

The origin of the holiday is a bit tricky.

Some historians trace back the impish tradition to Geoffrey Chaucer's "The Canterbury Tales" in 1392. One of them, called "The Nun's Priest's Tale," is a mock-heroic that emphasizes foolishness.

The tale is set on "March 32," which could be a playful way of referring to April 1, thus marking a day to make someone feel like a nitwit. Other scholars think this may have been a misprint, and Chaucer simply meant the end of March.

A few historians think it dates back to the late 1500s when France switched from the Julian calendar to the Gregorian calendar. The Julian calendar was the prominent calendar used by most of the world until the Gregorian calendar overtook it to become the standard.

April Fools' Day - or All Fools' Day as it was more commonly referred to back then - was reportedly a time to mock those who were a little slow to adapt to the calendar change. The start of the year in the newly adopted Gregorian calendar now fell on January 1, but the Julian calendar had it falling on the last week of March and ending on April 1. Those who were ridiculed for not knowing about the change were viewed as fools.

But that's just one theory behind the gimmicky day. Another is that it falls near the vernal equinox in the northern hemisphere, which statistically has unpredictable weather, thus making many people look foolishly unprepared.

## National Wellness Dates in April Continued



April 17th

World Hemophilia Day

The World Federation of Hemophilia (WFH) is taking the occasion this year to focus on sharing knowledge.



April 25th

National DNA Day

The goal of National DNA Day is to offer students, teachers and the public an opportunity to learn about and celebrate the latest advances in genomic research and explore how those advances might impact their lives.



April 25th

World Malaria Day

World Malaria Day is an occasion to highlight the need for continued investment and sustained political commitment for malaria prevention and control.



April 28th

World Day for Safety and Health at Work (SafeDay)

This year, the World Day for Safety and Health at Work (SafeDay) and the World Day Against Child Labour (WDACL) are coming together in a joint campaign to improve the safety and health of young workers and end child labour.

### Month of April: Irritable Bowel Syndrome Month

In 1997, IFFGD designated April as IBS Awareness Month. During this time, we work to focus attention on important health messages about IBS diagnosis, treatment, and quality of life issues. If you have irritable bowel syndrome (IBS), you are not alone – IBS is common with prevalence estimated at 10% to 15%.

International Foundation for Functional Gastrointestinal Disorders

P.O. Box 170864 Milwaukee, WI 53217

(414) 964-1799 | www.iffgd.org





## Best Ways to Beat Springtime Allergies

### 1. Keep it cool

Shut the windows and turn up the A/C.

### 2. Avoid the wind

Pollen travels! Try to stay inside when it's windy.

### 3. Trim the grass

Keep your lawn tidy! Try wearing a dusk mask to avoid pollen inhalation and change your clothes as soon as you are done to avoid stuck on pollen.

### 4. I wear my sunglasses at night

Wearing your shades at any time of the day helps keep pollen out of your eyes.

### 5. Hit the showers

Make sure you rinse off any allergens that may be stuck on you.

### 6. Clear those sinuses

Try using something like a neti pot or salt water spray to clear out the nasal cavity.

### 7. Eat smart

Some foods may help fight spring allergies! Try nuts, apples, fish, red grapes, tomatoes, and local seasonal honey.

### 8. Hit the drug store

Try some OTC remedies like eye drops or oral antihistamines. An extra dose of vitamin C may also help!

### 9. Ditch some of the indoor plants

Indoor plant soil can let plenty of mold spores into your house.

### 10. Kill dust mites with a hot wash

Try to wash all bedding at least once a week in hot water to kill dust mites.

### 11. Take a vacay!

As allergens for each person tend to differ in different areas, taking a vacation to somewhere with reduced allergens for you is always a good option. The beach is a great place to avoid allergens, and who doesn't like a good excuse for a beach day?!

#### Month of April: Sarcoidosis Awareness Month

Sarcoidosis is a disease of unknown cause that leads to inflammation. This disease affects your bodily organs. Their objective is to center on knowledge of sarcoidosis and the requirements for examination and to recognize the work done to bolster people diagnosed with the sickness. Join sarcoidosis Support Groups as far and wide as possible by supporting events in your group and publicizing them to patients, media and the general public.

Foundation For Sarcoidosis Research

(312) 341-0500 | [www.stopsarcoidosis.org](http://www.stopsarcoidosis.org)



## Whipped Cream Dyed Easter Eggs

*Looking for a fun new way to dye your eggs this Easter? Try out this Whipped Cream dying technique! Gives you a gentle marbled effect and you are still able to eat them later!*

### INGREDIENTS:

- Large tub of whipped topping, thawed; or homemade whipped cream
- 12 hard boiled eggs, cooled completely
- Food Coloring
- Toothpicks, spoons, disposable gloves

### DIRECTIONS:

1. Spoon whipped cream into a 9 x 13 inch baking pan. **OR** you can partially fill each well of a muffin pan with whipped cream. Use the muffin pan technique if you want to keep the colors separate, use the 9 x 13 inch pan technique if you want to swirl the colors together for a tie-dyed effect.
2. Add drops of food coloring to the whipped cream and use a toothpick to lightly swirl the colors into the cream. Don't swirl too much, or you'll lose the beautiful marbled look and muddy up the colors.

### DIRECTIONS CONTINUED:

3. Place the eggs into the whipped cream and gently roll using a spoon so the entire egg is covered.
4. Let the eggs sit in the whipped cream for 30-45 minutes depending on how bold you would like the colors.
5. Put on a pair of disposable gloves, remove eggs from the whipped cream and rinse them with water.
6. Allow the eggs to dry on a paper towel, this will help absorb any excess dye.
7. Store in the refrigerator for up to 7 days.

*Featured on MyBakingAddiction.com*



## Carrot Cake With Cream Cheese Frosting

216 calories

TOTAL TIME: 1 hour

*Here's a super moist, low fat carrot cake recipe perfect for Easter or anytime of the year. This is made with a can of crushed pineapple which makes it very moist.*

*Featured on Skinnytaste.com*

### INGREDIENTS:

- 3/4 cup all-purpose flour
- 3/4 cup whole wheat flour
- 1 cup granulated sugar
- 1/4 cup flaked sweetened coconut
- 2 tsp baking soda
- 1 tsp salt
- 2 tsp ground cinnamon
- 2 tbsp canola oil
- 2 large eggs
- 1 1/2 tsp vanilla extract
- 2 cups peeled grated carrots
- 20 oz can crushed pineapple (drained)
- 1/4 cup chopped walnuts  
plus 1/4 cup for topping

*For the cream cheese frosting:*

- 8 oz 1/3 fat Philadelphia Cream Cheese
- 1/4 cup powdered sugar
- 1 tsp vanilla extract

### DIRECTIONS:

1. Preheat oven to 350°
2. In a large bowl, combine flour, sugar, coconut, baking soda, salt, and spices; stir well with a whisk.
3. In a medium bowl, combine oil, eggs, and vanilla; stir well.
4. Add grated carrots and pineapple; mix well.
5. Fold wet ingredients with the dry ingredients, batter will be stiff and dry but keep folding and it will all come together. Fold in 1/4 cup chopped nuts.
6. Spoon batter into an 8" x 3" cake pan coated with cooking spray.
7. Bake at 350° for about 40-50 minutes, depending on pan size or until a wooden toothpick inserted in the center comes out clean and cake is pulling away from sides of pan. Cool cake completely on a wire rack.
8. To prepare frosting, beat together cream cheese, powdered sugar and vanilla until smooth. Spread frosting over top of cake.
9. Garnish with the remaining 1/4 cup of chopped walnuts.