

"TO TRAVEL IS TO LIVE"



Check us out on Social Media!



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www.twitter.com/medsourcetravel

National Wellness Dates in April



April 1st - 7th

National Public Health Week

During each day of National Public Health Week, we focus on a particular public health topic. Then, we identify ways each of us can make a difference on that topic.



April 2nd

World Autism Awareness Day

The day itself brings individual autism organizations together all around the world to aid in things like research, diagnoses, treatment, and overall acceptance for those affected by this developmental disorder.



April 7th

World Health Day

The World Health Day is a global health awareness day celebrated every year aimed to create awareness of a specific health theme.

March 2019 Traveler of the Month



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

You're the best



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

Alcohol Awareness Month is a public health program organized by the National Council on Alcoholism and Drug Dependence as a way of increasing outreach and education regarding the dangers of alcoholism and issues related to alcohol. The program was started in April 1987 with the intention of targeting college-aged students who might be drinking too much as part of their newfound freedom.

Recovery Brands, LLC.

517 4th Avenue, Suite 401, San Diego, CA 92101

(877) 849-6581 | alcohol.org



Alcohol Awareness Month

APRIL



Spring Cleaning Tips

- 1. Make a Schedule:** Scope out your home, what areas need the most work? Anything you have skipped during routine cleaning? Figure out a plan for when you're tackling each room will keep you focused on the task at hand.
- 2. De-clutter:** Decluttering makes you more efficient and keeps you organized. Clutter also has a psychological influence that signals the brain that work isn't done. Set aside some time to organize your closet, dust and organize your office, and look through the dreaded junk drawer.
- 3. Always Work from Top to Bottom:** When you think about how to spring clean your home, it's important to start from the ceiling down. This will force debris downward and keep you from having to re-dust or re-clean your space.
- 4. Use a HEPA Vacuum:** Finding the right vacuum is one of the most important parts of spring cleaning. A high-quality HEPA vacuum catches particles you can't even see. It traps pet dander, allergens, and all household particles in your home.
- 5. Think Green When You Spring Clean:** You want to start spring off on a clean note, so don't expose yourself to chemicals and toxins. One of the best natural combinations for cleaning is white distilled vinegar, baking soda, and water. These ingredients are affordable, non-toxic, and have worked for ages when it comes to cleaning.
- 6. Walls and Windows Need Love Too:** Dust settles here too! Just use a damp towel to wipe down walls and blinds. Remove and wipe down the window screens outside as well.
- 7. Don't Forget About Your Air:** Replacing furnace and HVAC filters is one of the most important and overlooked parts of spring cleaning. Replacing your filter will help keep you healthier as you enter spring.
- 8. Let Spring Cleaning Set a New Tone:** If your space feels dark and heavy, you can make small changes to help make it light and fresh for spring. Adding new colorful pillows or art are great ways to change up your space. Replacing items like bedding, towels, table linens, and even window treatments are other ways to transform your rooms for spring and warm weather ahead.

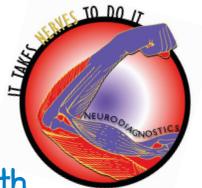
National Wellness Dates in April



April 8th - 12th

National Cancer Registrars Week

The purpose of NCRW is to emphasize the important role cancer registrars play in capturing the data that informs cancer research, prevention, and treatment programs.



April 14th to 20th

Neurodiagnostic Week

Neurodiagnostic Week is an excellent opportunity to educate others, recruit new students into the profession, and to promote neurodiagnostic awareness in the community.



April 16th

World Voice Day

WVD is a worldwide annual event that is devoted to the celebration of the phenomenon of voice. The aim is to demonstrate the enormous importance of the voice in the daily lives of all people.



April 16th

National Healthcare Decisions Day

National Healthcare Decisions Day exists to inspire, educate and empower the public and providers about the importance of advance care planning.



Month of April: National Donate Life Month

National Donate Life Month (NDLM) was established by Donate Life America and its partnering organizations in 2003. Celebrated in April each year, NDLM features an entire month of local, regional and national activities to help encourage Americans to register as organ, eye and tissue donors and to celebrate those that have saved lives through the gift of donation.

Donate Life America

701 E. Byrd Street, 16th Floor, Richmond, VA 23219
(804) 377-3580 | www.donatelife.net



Dying Easter Eggs

The Basics

- Boil your eggs.
 - To start, cover a table with layers of old newspaper to soak up any spills.
 - Create a drying rack by sticking pins into a sheet of thick foam board.
- For colorfast egg dyes, mix 7-8 drops of food coloring into 1 cup of hot water. Stir in 1/4 cup vinegar. For more intense colors, use small amounts of professional-quality food coloring gels or pastes, available at craft, cake decorating and kitchen supply stores.
- If you're doing multi-colored eggs, let them dry thoroughly between coats of dye.
 - Store finished and dried eggs in empty egg cartons.

Easy Special Effects

- Wrap eggs with twine or rubber bands before dying for a striped effect. Remove when dry.
- Create patterns with small bits of tape or stickers and remove after drying.
- Dab rubber cement on eggs and rub it off after dyeing and drying.
- For spattered eggs, dip egg in a base color and let dry. Dip a clean toothbrush in a contrasting liquid color and carefully flick bristles with your fingers to make paint splatter onto eggs.
- For marbled eggs, coat eggs with a base color and let dry. Mix canola or light cooking oil into another color of dye (1 tsp oil per cup of dye) and quickly dunk eggs. The oil will repel color in some places and the dye will adhere in others, creating a marbled effect.

National Wellness Dates in April



April 17th

World Hemophilia Day

World Hemophilia Day is an awareness day for hemophilia and other bleeding disorders, which also serves to raise funds and attract volunteers for the WFH.



April 27th - May 4th

National Infant Immunization Week

An annual observance to highlight the importance of protecting infants from vaccine-preventable diseases and to celebrate the achievements of immunization programs and their partners in promoting healthy communities.



Jennifer Nowak

Credentialing Specialist

As you may have heard our credentialing specialist Jennifer Nowak will be leaving us this month. We will miss you and wish you all the best in your future endeavours!

We would also like to give a warm welcome to Kristen Stewart, who will be taking over the role of credentialing.

Month of April: Irritable Bowel Syndrome Awareness 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. IBS is common with prevalence estimated at 10% to 15%. Yet many people remain undiagnosed and unaware that their symptoms indicate a medically recognized disorder.

International Foundation for Gastrointestinal Disorders

P.O. Box 170864, Milwaukee, WI 53217

(414) 964-1799 | iffgd.org





Teriyaki Chicken and Asparagus Stir-Fry

302 Calories per serving (4 servings)

Spring is in the air and asparagus is in season! Try it out paired with chicken in this stir-fry!

Featured on Skinnytaste.com

INGREDIENTS

- 3 tbsp soy sauce
- 2 tbsp mirin
- 1/2 tbsp honey
- 1/2 tbsp fresh grated ginger
- 1 tsp cornstarch
- 1 1/2 lbs skinless chicken breast cut into cubes
- Salt
- 1 tbsp grapeseed oil
- 12 oz asparagus, trimmed cut into 2 inch pieces
- 4 cloves garlic, chopped

DIRECTIONS

1. Whisk the soy sauce, mirin, honey, ginger, and cornstarch in a small bowl; set aside.
2. Lightly season the chicken with salt.
3. Heat a large non-stick wok over medium-high heat, when hot add 1 teaspoon of oil, then add the asparagus and cook until tender-crisp, about 6-7 minutes.
4. Add the garlic and cook until golden, about 1 minute. Set aside on a dish.
5. Increase the heat to high, then add 1 teaspoon of oil and half of the chicken and cook until browned and cooked through, about 4 minutes on each side.
6. Remove and set aside and repeat with the remaining oil and chicken.
7. Place everything back into the wok, pour the sauce over and cook stirring 30 to 60 seconds until the sauce thickens slightly.



Super Moist Carrot Cake with Cream Cheese Frosting

216 Calories per slice (16 servings)

Low fat carrot cake recipe made with a can of crushed to keep it super 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
- tsp salt
- 2 tsp ground cinnamon
- 2 tbsp canola oil
- 2 large eggs
- 1 1/2 tsp vanilla
- 2 cups peeled and grated carrots
- 20 oz can crushed pineapple in juice, drained
- 1/2 cup chopped walnuts

FROSTING

- 8oz 1/3 fat cream cheese
- 1/4 cup powdered sugar
- 1 tsp vanilla extract

DIRECTIONS

1. Preheat the oven to 350°F.
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 it 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 350°F 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 the cooled cake.
9. Garnish with remaining chopped walnuts.

