

"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

National Wellness

Dates in August



August 1st-7th
World Breastfeeding Week

In a world filled with inequality, crises, and poverty, breastfeeding is the foundation of lifelong good health for babies and mothers. We are excited to announce the slogan of World Breastfeeding Week (WBW) 2018: BREASTFEEDING: Foundation of Life



August 1st

World Lung Cancer Day

Lung cancer continues to be one of the most common cancers worldwide, claiming more lives yearly than breast, colon and prostate cancers combined. It is estimated that lung cancer accounts for nearly one in five cancer deaths globally. In 2012, there were 1.8 million newly diagnosed cases of lung cancer alone.

July 2018 Traveler of the Month



We want to take a moment to give a special notice to our July traveler of the month, Megan E. 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 August: Gastroparesis Awareness Month

Gastroparesis is also called delayed gastric emptying. The term "gastric" refers to the stomach. In gastroparesis, the muscle contractions that move food along the digestive tract do not work properly and the stomach empties too slowly. IFFGD works to focus attention on important health messages about gastroparesis diagnosis, treatment, and quality of life issues.

International Foundation for Functional Gastrointestinal Disorders

700 W. Virginia St., 201, Milwaukee, WI 53217

(414) 964-7176 | www.iffgd.org

August is Gastroparesis Awareness Month





Why Do We Call Them the 'Dog Days' of Summer?

It doesn't have to do with dogs lying around in the heat—the phrase comes from ancient Greek beliefs about a star

BY BECKY LITTLE, NATIONAL GEOGRAPHIC

THE “DOG DAYS,” I always thought, were those summer days so devastatingly hot that even dogs would lie around on the asphalt, panting.

Many people today use the phrase to mean something like that—but originally, the phrase actually had nothing to do with dogs, or even with the lazy days of summer. Instead, it turns out, the dog days refer to the dog star, Sirius, and its position in the heavens.

To the Greeks and Romans, the “dog days” occurred around the day when Sirius appeared to rise just before the sun, in late July. They referred to these days as the hottest time of the year, a period that could bring fever, or even catastrophe.

“If you go back even as far as Homer, The Iliad, it’s referring to Sirius as Orion’s dog rising, and it describes the star as being associated with war and disaster,” said Jay B. Holberg, author of Sirius: Brightest Diamond in the Night Sky and senior research scientist at the University of Arizona Lunar & Planetary Laboratory. “All throughout Greek and Roman literature, you found these things.”

The phrase “dog days” was translated from Latin to English about 500 years ago. Since then, it has taken on new meanings.

“Now people come up with other explanations for why they’re called the ‘dog days’ of summer, [like] this is when dogs can go crazy,” said Anne Curzan, an English professor at the University of Michigan.

“This is a very human tendency,” she said. When we don’t know the origin of a phrase, we come up with a plausible explanation.

“The meaning has been lost,” said Holberg, “but the phrase has lived on.”

National Wellness Dates in August Continued



August 12th-18th

National Health Center Week

National Health Center Week is an annual celebration with the goal of raising awareness about the mission and accomplishments of America’s health centers over the past five decades.



August 20th-24th

Contact Lens Health Week

CDC, in close collaboration with partners, has organized Contact Lens Health Week as a strategy to increase public awareness and promote healthy contact lens wear and care. This year’s campaign theme is “healthy habits mean healthy eyes” with a focus on encouraging youth to start healthy habits early, for healthy eyes later.



August 31st

International Overdose Awareness Day

International Overdose Awareness Day is a global event held on 31 August each year and aims to raise awareness of overdose and reduce the stigma of a drug-related death. It also acknowledges the grief felt by families and friends remembering those who have died or had a permanent injury as a result of drug overdose.

national
IMMUNIZATION
awareness month

Adults need
vaccines, too!



VACCINES
are not just for kids.

Month of August: Immunization Awareness Month

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. Communities across the country use the month each year to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases across the lifespan.

Centers for Disease Control and Prevention

1600 Clifton Rd., Atlanta, GA 30329

800.232.4636 | www.cdc.gov

National Farmer's Market Week

August 5th -11th, 2018

Across the country, farmers' markets are central to many towns and cities. They are community gathering places where America's food producers build successful businesses and bring fresh, local food to market.

Farmers markets are a gathering place where you can buy locally produced food, and at the same time, get to know the farmer and story behind the food you purchase," said Elanor Starmer, the Administrator of USDA's Agricultural Marketing Service. "These types of markets improve earning potential for farmers and ranchers, building stronger community ties and access to local foods."

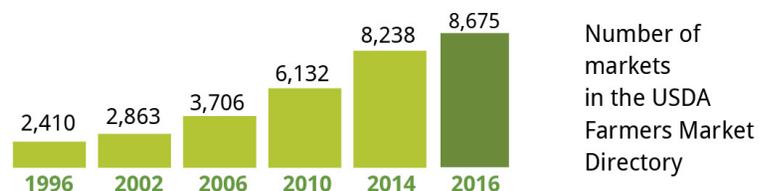
The Farmers Market Directory lists markets that feature two or more farm vendors selling agricultural products directly to customers at a common, recurrent physical location. Maintained by the Agricultural Marketing Service, the Directory is designed to provide customers with convenient access to information about farmers market listings to include: market locations, directions, operating times, product offerings, accepted forms of payment, and more.

Visit the link below to find a Farmer's Market near you!
www.ams.usda.gov/local-food-directories/farmersmarkets



Farmers Market Coalition

Why Farmers Markets?



Stimulate Local Economies

Growers selling locally create **13 full time jobs** per \$1 million in revenue earned. Those not selling locally create **3**.



Locally-owned retailers, such as farmers markets, **return more than three times as much of their sales to the local economy** compared to chain competitors.



Preserve Farmland & Rural Livelihoods

The U.S. loses an acre of farmland a minute to development.

The **7** Seattle farmers markets hosted by the Neighborhood Farmers Market Alliance support **9,491 acres of farmland in diversified production.**

25% of vendors derive their sole source of income from the market.



Increase Access to Fresh Food

\$20.2 million in SNAP benefits (food stamps) were spent at farmers markets in 2016. That's fresh food for low-income Americans and increased revenue for local farmers.

60% of farmers market shoppers in low-income neighborhoods say that **their market had better prices than the grocery store.**

Markets bring fresh food to the neighborhoods that need it most.



Support Healthy Communities

People who shop at farmers markets have **15-20 social interactions per visit.**

They would have only **1-2 per visit** to the grocery store.

Proximity to farmers markets is associated with lower body mass index.



NATIONAL PSORIASIS FOUNDATION®

Month of August: Psoriasis Action Month
 We're taking over August to bring you Psoriasis Action Month. Get ready for five weeks dedicated to taking charge of your health. At NPF, we believe you deserve to do all the things you want to do, whether that's bare your skin at the beach or ride your bike to the farmer's market. Through treatment, life can be better. Learn how to set treatment goals to achieve clear (or almost clear) skin.

National Psoriasis Foundation
 6600 SW 92nd Ave. #300, Portland, OR 97223
 (800) 723-9166 | www.psoriasis.org



Lemon and Ginger Ice Pops

62 Calories for 1 Popsicle
TOTAL TIME: 3 hour 20 minutes

Keep cool this summer with these mouth-puckering pops! If you love contrasting sensations of sour, sweet and spicy, you'll love these ice pops.

Featured on Skinnytaste.com

INGREDIENTS:

- 1oz piece fresh ginger, peeled & finely chopped
- 3 1/2 cups water
- 3/4 cup sugar
- 5 tbsp lemon juice (3 lemons)
- zest of three lemons
- 10 ultra thin 1/2 slices lemon (optional)

DIRECTIONS:

1. Put the ginger, water, sugar and lemon zest in a small saucepan and bring to a simmer.
2. Simmer until the sugar is dissolved, then remove the pan from heat and let it get to room temperature.
3. Pour the mixture through a fine strainer, pressing down hard on the ginger with the back of a spoon. Mix in the lemon juice.
4. Pour the mixture into your ice pop molds, leaving 1/4 inch at the top to let the mixture expand while it freezes.
5. Place a slice of lemon in each mold if using, then insert the sticks and freeze for at least 3 hours. Yields 10 popsicles.



Grilled Pesto Chicken Couscous Bowls

505 Calories for 1 Bowl
TOTAL TIME: 55 minutes

Juicy grilled chicken, zucchini, and tomatoes topped with a light spinach-arugula basil pesto served over couscous.

Featured on Skinnytaste.com

INGREDIENTS:

- 1 cup original Couscous
- 1 1/3 cups boiling water
- Kosher salt & ground black pepper
- 2 medium zucchini, diagonally sliced 1/4 inch thick
- 6 medium Campari tomatoes, halved
- Olive oil cooking spray
- 4 boneless 6oz chicken breasts

SPINACH ARUGULA PESTO:

- 1/2 cup fresh, packed, basil leaves
- 1/2 cup fresh, packed, baby spinach & arugula mix
- 1 clove garlic
- 1/4 cup grated Parmesan cheese
- Kosher salt & ground black pepper, to taste
- 3 tbsp extra virgin olive oil

DIRECTIONS:

1. To make the pesto: In a food processor, pulse basil, spinach and arugula mix, garlic, Parmesan cheese, salt, and pepper until smooth. Slowly add the olive oil while pulsing.
2. Place couscous in a medium, heat-proof bowl. Add boiling water and 1/4 teaspoon salt. Cover.
3. Let stand for 5 minutes or until liquid has been absorbed. Fluff couscous with a fork to separate grains.
4. Add 2 tablespoons of the pesto. Toss to combine and set aside.
5. Pound the thicker end of the chicken to make both sides leveled out so they cook evenly.
6. Spritz with oil and season with 1/2 teaspoon salt and black pepper.
7. Heat a grill or grill pan on medium-high heat.
8. Spritz the zucchini and tomato all over with olive oil, season with salt and pepper.
9. Cook zucchini, in batches, for 2 to 3 minutes each side or until tender. Transfer to a baking sheet. Cover to keep warm.
10. Add tomato to the grill. Cook, turning, for 1 to 2 minutes or until softened.
11. Cook the chicken 3 to 4 minutes each side or until browned and cooked through. Slice.
12. Divide couscous between 4 plates, 3/4 cup each.
13. Top with vegetables and chicken. Drizzle with remaining pesto. Serve.



Month of August: Spinal Muscular Atrophy Awareness Month

SMA is caused by a mutation in the survival motor neuron gene 1 (SMN1). In a healthy person, this gene produces a protein that is critical to the function of the nerves that control our muscles. Without it, those nerve cells cannot properly function and eventually die, leading to debilitating and often fatal muscle weakness. Individuals with SMA have difficulty performing the basic functions of life, like breathing and swallowing.

National Psoriasis Foundation

925 Busse Rd., Elk Grove Village, IL 60007
(800) 886-1762 | www.curesma.org