

## "TO TRAVEL IS TO LIVE"



**Check us out on  
Social Media!**



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

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



### November 2018 Traveler of the Month



We want to take a moment to give a special notice to our November traveler of the month, Melinda C.! 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!!

Please note that our offices will be closing early on December 24th & 31st and will be closed December 25th & January 1st in observance of the holidays.

Should you have an emergent issue, please contact our On-Call Representative at (800) 440-1909 any time, 24 hours a day!

Please make sure to get your timesheets submitted in a timely manner to ensure processing with the reduced office hours!

*Your MedSource Team wishes you and yours all the warmest of holiday cheer!*

#### Month of December: Christmas Seals Campaign

Christmas Seals® were first issued in 1907 to combat tuberculosis. Today, they help the American Lung Association fight new battles against asthma, lung cancer, influenza, tobacco use, air pollution and more. Each year, millions observe the tradition of sealing holiday cards and packages with that year's special seal. And each year, your donation supports the important fight against lung disease.

American Lung Association

55 W. Wacker Drive, Ste. 1150, Chicago, IL 60601

(800) LUNGUSA | [christmasseals.org](http://christmasseals.org)

## Christmas Seals®



## Surviving the Holidays As a Travel Nurse

### Be a Magical Elf at Work

It may seem counter-intuitive, but volunteering to work the holiday shift may actually make you feel better than spending the day in your travel housing. You'll likely make holiday pay, and you'll have the satisfaction of giving a perm staff member an opportunity to have Christmas with their family.

Try to do something fun like a traveler potluck or secret Santa. If the unit allows it, brighten things up with holiday decor and seasonal music.

### Honor Treasured Family Traditions and Make New Ones

If your family travels with you, and you are in a new and exciting location, this is a good time to experience new local traditions. Try out snowboarding or have a barbecue at the beach.

If you can't be with your family, it's still important to reach out to the people you love. Instead of phoning or texting, try FaceTime or Skype. Make a plan for a holiday celebration and/or gift exchange at a later time, who says you can't celebrate in February?!

### Treat Yourself!

Holidays aren't just about work and family, but also a good time to take care of yourself! If you love to decorate do it! Hate decorating, then don't.

Treat yourself to a spa day or binge watch some Netflix.

Do whatever relaxes and de-stresses you.

Don't want to be alone for the holidays? Have a friend over and make some new memories, find a holiday party to attend, or consider volunteering at a homeless shelter.

**Whatever you do, remember that December can be great even if it's un-traditional. With some foresight and a little bit of creativity, you can navigate the waters of this time and prepare yourself for a new year of traveling.**

## National Wellness

### Dates in December



#### December 1st World AIDS Day

World AIDS Day takes place on the 1st December each year. It's an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. Founded in 1988, World AIDS Day was the first ever global health day.



#### December 2nd - 8th National Handwashing Awareness Week

Conveniently placed in the calendar, National Handwashing Awareness Week reminds us that the risk of infection is ever-present, especially around the holidays.



#### December 2nd - 8th National Influenza Vaccination Week

CDC established National Influenza Vaccination Week (NIVW) in 2005 to highlight the importance of continuing flu vaccination through the holiday season and beyond.

### Month of December: Safe Toys and Gifts Month

Too often, accidents involving children and toys occur and may result in eye injuries. Each year, thousands of children age 14 and younger suffered serious eye injuries, even blindness, from toys. There are three important ways you can protect your child's eyes from injuries while playing with toys: Only buy toys meant for their age, show them how to use their toys safely, and keep an eye on them when they play.

Prevent Blindness

211 West Wacker Drive, Ste. 1700, Chicago, IL 60606

(800) 331-020 | [preventblindness.org](http://preventblindness.org)



## Giving For The Holidays

*There are many opportunities to spread the love and joy this holiday season. Even giving back in the smallest way can make a huge difference. During this time of the year dedicated to laughter and cheer, a warm smile can go a long way!*

### Sponsor A Family In Need

While the holidays are meant to be merry, for some individuals they can be difficult. Some families can't afford to give gifts to their children or even put food on the table. Family-to-Family allows you to sponsor a household in need through a variety of ways. Visit [family-to-family.org](http://family-to-family.org) to learn more.

### Serve Those Who Served

This holiday season, serving the veterans who fought for our lives and safety can certainly be a rewarding experience. The U.S. Department of Veterans Affairs is always looking for donations or volunteers to help with events or transportation services. Visit [volunteer.va.gov](http://volunteer.va.gov) to learn more.

### Offer A Hand To The Homeless

According to the National Alliance to End Homelessness, over 610,000 people experience homelessness in the United States. Homeless shelters offer plenty of volunteer opportunities during the winter season - serving food, building homes, donations, soup kitchens, and more. Visit [nationalhomeless.org](http://nationalhomeless.org) to learn more.

### Organize A Food Drive

Donating canned foods to a local food drive certainly makes a difference. But you can have an even greater impact by organizing your own food drive for the less fortunate. Visit [createthegood.org/toolkit/organize-food-drive](http://createthegood.org/toolkit/organize-food-drive) to learn more on how to organize your own food drive.

### Donate A Gift To A Child

Unfortunately, many children from low-income households don't receive gifts during the holidays. You can be the reason a child smiles on Christmas by dropping off a toy, or even get involved in the operation by volunteering locally. Visit [toysfortots.org](http://toysfortots.org) to learn more.



## National Wellness Dates in December Continued

### OLDER DRIVER Safety Awareness Week

December 3rd - 7th  
Older Driver Safety Awareness Week

Aims to promote understanding of the importance of mobility and transportation to ensuring older adults remain active in the community—shopping, working or volunteering—with the confidence that transportation will not be the barrier to strand them at home.



December 3rd  
International Day of Disabled Persons

Aims to promote the rights and well-being of persons with disabilities in all spheres of society and development, and to increase awareness of the situation of persons with disabilities in every aspect of political, social, economic and cultural life.



December 10th

International Human Rights Day  
The date was chosen to honour the United Nations General Assembly's adoption and proclamation, on 10 December 1948, of the Universal Declaration of Human Rights, the first global enunciation of human rights and one of the first major achievements of the new United Nations.

### Month of December: National Impaired Driving Prevention Month

Since 1981, every president of the United States has demonstrated the commitment to preventing impaired driving by proclaiming December as National Impaired Driving Prevention Month. The season between Thanksgiving and New Year's Day is described as "one of the deadliest and most dangerous times on America's roadways due to an increase in impaired driving."

American Public Health Association  
800 I Street NW, Washington, DC 20001  
(202) 777-2742 | [www.apha.org](http://www.apha.org)





## Gingerbread Christmas Tree Cookies

106 Calories for 2 cookies

TOTAL TIME: 2 hours 30 minutes

These Gingerbread cookies are made with a fraction of the butter - yet they still have the same great flavor and texture

*Featured on Skinnytaste.com*

### COOKIE INGREDIENTS:

- 3 tbsp unsalted butter, softened
- 3/4 cup firm packed brown sugar
- 1/2 cup unsweetened applesauce
- 1 large egg
- 1/3 cup dark molasses
- 3 cups all-purpose flour
- 1 tsp baking soda
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- 1/2 tsp allspice
- 1/4 tsp ground cloves

### ICING INGREDIENTS:

- 1 1/2 tbsp egg whites, room temp
- 1/4 tsp fresh lemon juice
- 1 cup powdered sugar
- 5 to 6 drops green food coloring
- colored sprinkles



### ICING DIRECTIONS:

1. Mix the egg whites with lemon juice. Combine with powdered sugar, mixing well, then add a few drops of green food coloring until the desired color.

2. If the icing is too thin, add more powdered sugar, if too thick add a drop of lemon juice or water. Transfer to piping bag to decorate cookies when they are cooled.

3. Pipe the cookies one at a time, quickly adding sprinkles before it hardens.

### COOKIE DIRECTIONS:

1. In a large mixing bowl, beat the butter, sugar and applesauce until smooth. Add the egg and molasses, mix well.

2. In another large bowl, combine flour, baking soda and spices. Add to sugar and molasses mixture, stirring well with the mixer. Use your hands to form a large ball, the dough will be a little sticky.

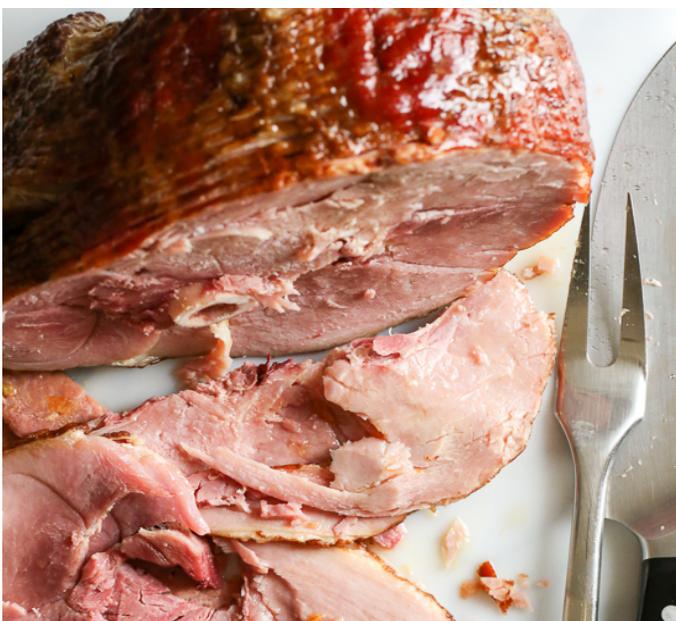
3. Wash and dry your hands. Place flour on your hands so the dough doesn't stick to you, then divide the dough into two flat balls; cover with plastic wrap and chill in the refrigerator for at least 2 hours.

4. After the dough has chilled 2 hours, preheat the oven to 350°F. Generously dust the surface of your working area with flour before rolling out the dough. Work with one ball of dough at a time, keep the other refrigerated while you do so.

5. Depending on how thick you roll the dough out and the size of your trees, makes at least 60 tree cookies.

6. Roll the dough out to 1/8-inch thickness, sprinkle a little flour on top of the dough if it's a little sticky. Trim the uneven edges off to square the dough, then using a knife cut the dough into 3 1/2 inch strips. Then cut the strips into triangles.

7. Place on a lined baking sheet and bake for 10-12 mins.



## Slow Cooker Spiral Ham with Apricot-Dijon Glaze

145 Calories for 3oz

This is the EASIEST slow cooker spiral ham recipe, just two-ingredients plus the ham! Perfect for the Holidays, and it won't take up space in your oven.

*Featured on Skinnytaste.com*

### INGREDIENTS:

- 1 (6-7 lb) Hickory smoked fully cooked spiral cut ham
- 5 tbsp apricot preserves
- 2 tbsp Dijon mustard

### DIRECTIONS:

1. Make the glaze: Whisk 4 tablespoons of preserves and mustard together.

2. Place the ham in a 6-quart or larger slow cooker, making sure you can put the lid on. You may have to turn the ham on its side if your ham is too large.

3. Brush the glaze over the ham. Cover and cook on the LOW setting for 4 to 5 hours. Brush the remaining tablespoon of the preserves over the ham the last 30 minutes.

