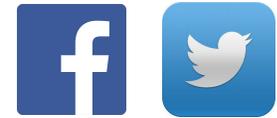


## "TO TRAVEL IS TO LIVE"

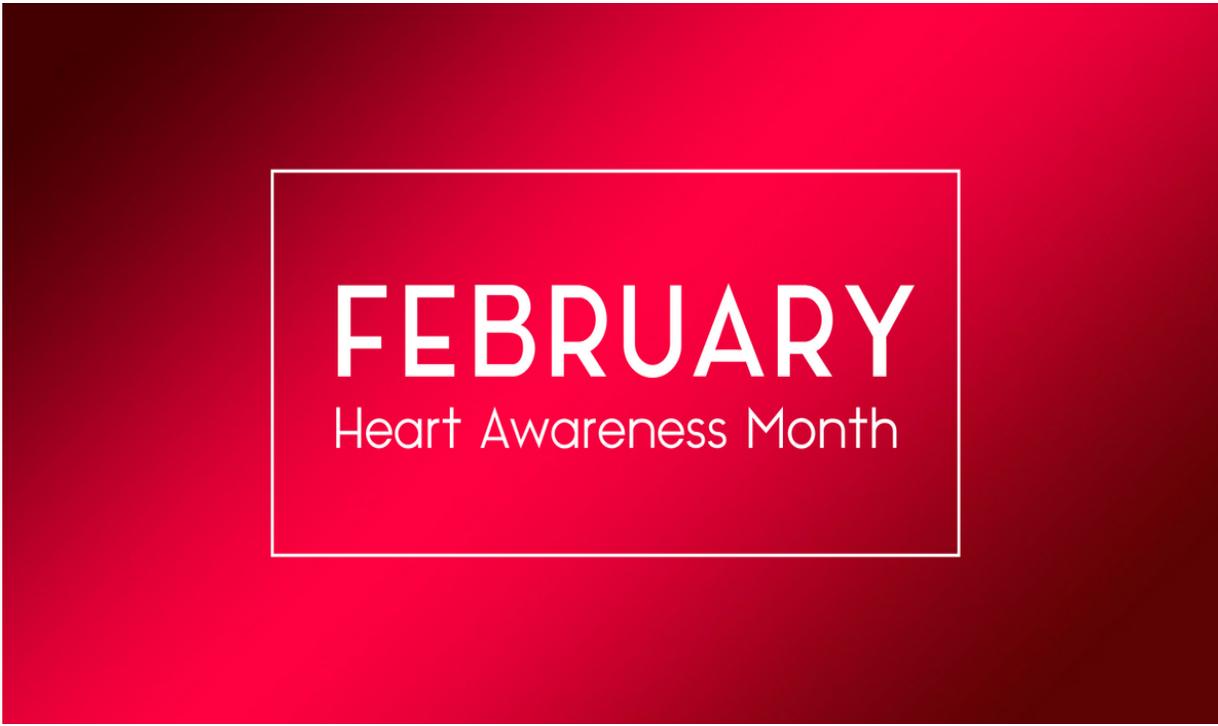


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### National Wellness Dates in February



February 2nd

**National Wear Red Day**

On this day, men and women are encouraged to wear red as a symbol of their support of women's heart health.



February 4th

**World Cancer Day**

Taking place under the tagline 'We can. I can.', World Cancer Day 2016-2018 will explore how everyone - as a collective or as individuals - can do their part to reduce the global burden of cancer.

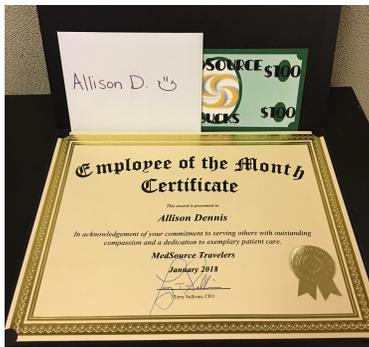


February 4th - 11th

**Congenital Heart Defect  
Awareness Week**

Congenital Heart Defect Awareness Week is observed each year to promote awareness and education about congenital heart defects. CHDs affect approximately one in 100 births every year in the United States and are the most common type of birth defect.

### January 2018 Traveler of the Month



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

**WHO IS THE  
MOST AWESOME  
PERSON TODAY?**



### 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 February: American Heart Month

American Heart Month, a federally designated event, is a great way to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved. Together, we can build a culture of health where making the healthy choice is the easy choice. Why? Because Life is Why.

**The American Heart Association**  
7272 Greenville Avenue, Dallas, TX 75231  
(800) 242-8721 | [www.heart.org](http://www.heart.org)

## American Heart Month

life is why™



## Come Together on National Wear Red Day!

Friday,  
February 2nd, 2018  
#WearRedandGive

Wear red to raise awareness about cardiovascular disease and save lives. Because when we come together, there's nothing we can't do.

## Did you know?

The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via Proclamation 3566 on December 30, 1963.

- The Congress, by joint resolution on that date, has requested the President to issue annually a proclamation designating February as American Heart Month.

- At that time, more than half the deaths in the U.S. were caused by cardiovascular disease.

- While American Heart Month is a federally designated month in the United States, it's important to realize that cardiovascular disease knows no borders. Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.3 million deaths each year.

- That number is expected to rise to more than 23.6 million by 2030.



## National Wellness Dates in February Continued



February 5th - 9th  
Burn Awareness Week

Burn Awareness Week is a window of opportunity for organizations to mobilize burn, fire and life safety educators to unite in sharing a common burn awareness and prevention message in our communities.



February 9th  
National Toothache Day

We can be aware of how to prevent toothaches. Routine dental care is an important first step. Avoiding sugary foods and acidic drinks and daily brushing and flossing are important, too.



February 18th - 24th  
National Eating Disorders Awareness Week

The theme this year is *Let's Get Real* and our goal is to expand the conversation and highlight stories we don't often hear. Our culture has complicated relationships with food, exercise, and appearance. 30 million Americans will struggle with a full-blown eating disorder and millions more will battle food and body image.



February 28th  
Rare Disease Day

The main objective of Rare Disease Day is to raise awareness amongst the general public and decision-makers about rare diseases and their impact on patients' lives.



## Keeping Heart Healthy for Valentine's Day

**1. Don't tempt your other half with sweets.**

Consider a thoughtful more permanent gift that they may enjoy instead.

**2. Quality time is one of the most meaningful gifts.**

Bonus points if you find an active way to spend your V-Day

**3. Have kids with Valentine's Day parties?**

Send healthy snacks in leau of candy, like raisins or pretzels. Or fun little things like stickers or erasers.

**4. Try Cooking at Home.**

This way you have more control over what you eat. You can create your own romantic candlelit dinner!

**5. Give to one another by giving back.**

Ask your date to volunteer with you, this is a great way to give back to your community and enjoy each other's company.

**6. Tell your loved one how important they are to you.**

Use this as an opportunity to share ways that you can support each others health and wellness goals.

**7. Gift a fresh fruit basket.**

This is a good way to knock out a sweet tooth without all the added sugars of candy or desserts.

**8. Sharing is caring!**

Try splitting an entree if you decide to go out for dinner!

**9. Don't forget Fido!**

Give your pet a special Valentine, and a nice walk is a treat for both of you!

**10. Take it slow.**

If you do receive a box of chocolates, try sticking it in the freezer and eat in moderation over the next few weeks

**11. Take a long romantic walk**

Just like taking a walk with Fido, a romantic walk with a loved one is always enjoyable!

**12. Rekindle an old flame**

Find one of your all time favorite recipes and find ways to make it healthier!

# RANDOM ACTS OF KINDNESS<sup>®</sup>

**Week of February 11th: Random Acts of Kindness Week**

You're invited to join in our week-long celebration of kindness. Help turn the world kind by celebrating RAK Day and RAK Week. It's our chance have fun being a little extra kind. The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to "pay it forward." This means one good deed in a crowded area can create a domino effect and improve the day of dozens of people!

Random Acts of Kindness Foundation  
<https://www.randomactsofkindness.org/>



## This Is How February Became Black History Month

By JULIA ZORTHIAN January 29, 2016

It was in 1964 when the author James Baldwin reflected on the shortcomings of his education. "When I was going to school," he said, "I began to be bugged by the teaching of American history because it seemed that that history had been taught without cognizance of my presence."

Baldwin's thoughts echoed those of many before and after him. Half a century earlier, when Carter G. Woodson had the same frustration, he set the foundation for what would become today's national Black History Month, observed each February.

In the early 20th century, while he earned a Masters degree from the University of Chicago and a Ph.D. from Harvard, both in history, Woodson witnessed how black people were underrepresented in the books and conversations that shaped the study of American history. According to the way many historians taught the nation's past, African Americans were barely part of the story—a narrative that Woodson knew was not true. So in 1915, he and Jesse E. Moorland founded the Association for the Study of Negro Life and History (now the Association for the Study of African American Life and History, or the ASALH). The organization would promote studying black history as a discipline and celebrate the accomplishments of African Americans.

"If a race has no history, it has no worthwhile tradition, it becomes a negligible factor in the thought of the world, and it stands in danger of being exterminated," Woodson said of the need for such study.

In 1926, Woodson and the ASALH launched a "Negro History Week" to bring attention to his mission and help school systems coordinate their focus on the topic. Woodson chose the second week in February, as it encompassed both Frederick Douglass' birthday on February 14 and Abraham Lincoln's birthday on February 12.



The celebrations and studies spread quickly, as the ASALH tells it, driving demand for teaching materials and spurring the formation of black history clubs. But, though a newfound understanding of black culture and literature was spreading amongst the middle class, the idea of expanding the week to a month did not come until several decades later. During the Civil Rights Movement, Freedom Schools in the South embraced the week and its curriculum message as a way to contribute to the mission. By the mid-1960s, the most popular textbook for eighth-grade U.S. history classes mentioned only two black people in the entire century of history that had transpired since the Civil War—and that problem could no longer be ignored. It was in that decade that colleges and universities across the country transformed the week into a Black History Month on campus.

A number of mayors had already adopted the celebration as a municipal event by the time President Gerald Ford decreed Black History Month a national observance in 1976, on both the fiftieth anniversary of the first iteration and America's bicentennial year.

"In celebrating Black History Month," Ford said in his message, "we can seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history."

Presidents have issued national decrees with each year's theme since the 1970s. African American History Month's 2016 theme is "Hallowed Grounds: Sites of African American Memories."

### Hearty Chicken Noodle Soup

329 calories

TOTAL TIME: 8 hours

Now you don't have to spend hours in the kitchen for the rich flavor of homemade chicken soup.

This recipe is brought to you by the American Heart Association's Simple Cooking with Heart ® Program

#### INGREDIENTS:

- 1 lb boneless skinless chicken breast
- 3 cups peeled sliced carrots
- 3 cups chopped celery
- 2 medium zucchinis, diced
- 14.5 oz low sodium chicken broth
- 6 cups water
- 3 bay leaves
- 2 tsp italian seasoning
- 1 tsp garlic powder
- 1/2 tsp black pepper
- 2 tbsp dried dill
- 12 oz egg noodles

#### DIRECTIONS:

1. Add chicken breasts to the bottom of a 6-quart (or larger) slow cooker bowl. Top with carrots, celery, zucchini, chicken broth, water, bay leaves, Italian spice blend, garlic powder, black pepper, and salt.
2. Cover the slow cooker with a lid and cook until chicken is fully-cooked, about 8 hours on low heat or 4 hours on high heat.
3. Using a fork, remove and discard bay leaves from soup. Using tongs, transfer chicken to a medium bowl. Stir in the fresh or dried dill. Turn off heat but leave soup covered to keep warm.
4. Let chicken cool and then cut into bite-size pieces. Meanwhile, cook egg noodles according to package directions.
5. To serve, portion noodles into the bottom of each bowl. Ladle soup over noodles and serve.