

"TO TRAVEL IS TO LIVE"



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Social Media!



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www.twitter.com/medsourcetravel

National Wellness Dates in January



January 21st - 27th
Healthy Weight Week

Healthy Weight Week is a time to celebrate healthy diet-free living habits that last a lifetime and prevent eating and weight problems. Our bodies cannot be shaped at will. But we can all be accepting, healthy and happy at our natural weights.



January 22nd - 28th
National Drug & Alcohol Facts Week

NDAFW is a national health observance linking teens to science based facts to SHATTER THE MYTHS® about drugs!



January 28th
World Leprosy Day

The day aims to raise awareness of a disease that many people believe to be extinct, when in fact around 210,000 new cases are diagnosed each year, and we believe millions more people are living undiagnosed.

December 2017 Traveler of the Month



We want to take a moment to give a special notice to our December traveler of the month, Stewart R.! 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 January: Thyroid Awareness

The American Thyroid Association is dedicated to serving as an educational resource for the public by supporting thyroid research and promoting the prevention, treatment and cure of thyroid-related diseases, and thyroid cancer.

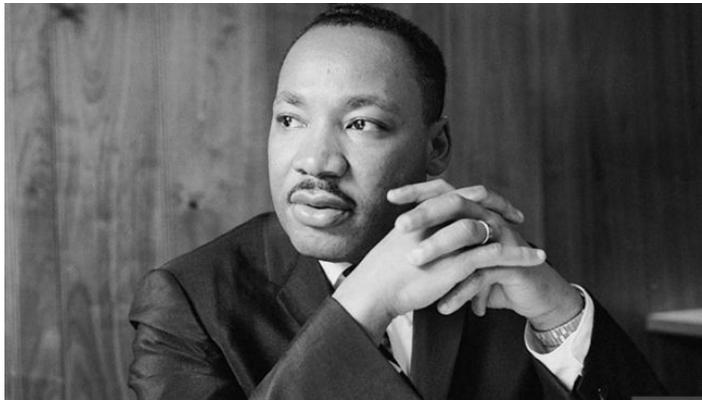
The American Thyroid Association

6066 Leesburg Pike Suite 550 Falls Church, VA 22041
(703) 998-8890 | www.thyroid.org

American Thyroid Association

#THYROIDAWARENESS

www.thyroid.org/donate



Martin Luther King Jr. Day

January 15th, 2018

The Meaning of The King Holiday

BY CORETTA SCOTT KING

The Martin Luther King, Jr. Holiday celebrates the life and legacy of a man who brought hope and healing to America. We commemorate as well the timeless values he taught us through his example — the values of courage, truth, justice, compassion, dignity, humility and service that so radiantly defined Dr. King's character and empowered his leadership. On this holiday, we commemorate the universal, unconditional love, forgiveness and nonviolence that empowered his revolutionary spirit.

We commemorate Dr. King's inspiring words, because his voice and his vision filled a great void in our nation, and answered our collective longing to become a country that truly lived by its noblest principles. Yet, Dr. King knew that it wasn't enough just to talk the talk, that he had to walk the walk for his words to be credible. And so we commemorate on this holiday the man of action, who put his life on the line for freedom and justice every day, the man who braved threats and jail and beatings and who ultimately paid the highest price to make democracy a reality for all Americans.

The King Holiday honors the life and contributions of America's greatest champion of racial justice and equality, the leader who not only dreamed of a color-blind society, but who also led a movement that achieved historic reforms to help make it a reality.

On this day we commemorate Dr. King's great dream of a vibrant, multiracial nation united in justice, peace and reconciliation; a nation that has a place at the table for children of every race and room at the inn for every needy child. We are called on this holiday, not merely to honor, but to celebrate the values of equality, tolerance and interracial sister and brotherhood he so compellingly expressed in his great dream for America.

It is a day of interracial and intercultural cooperation and sharing. No other day of the year brings so many peoples from different cultural backgrounds together in such a vibrant spirit of brother and sisterhood. Whether you are African-American, Hispanic or Native American, whether you are Caucasian or Asian-American, you are part of the great dream Martin Luther King, Jr. had for America. This is not a black holiday; it is a peoples' holiday. And it is the young people of all races and religions who hold the keys to the fulfillment of his dream.

We commemorate on this holiday the ecumenical leader and visionary who embraced the unity of all faiths in love and truth. And though we take patriotic pride that Dr. King was an American, on this holiday we must also commemorate the global leader who inspired nonviolent liberation movements around the world. Indeed on this day programs commemorating my husband's birthday are being observed in more than 100 nations.

The King Holiday celebrates Dr. King's global vision of the world house, a world whose people and nations had triumphed over poverty, racism, war and violence. The holiday celebrates his vision of ecumenical solidarity, his insistence that all faiths had something meaningful to contribute to building the beloved community.

The Holiday commemorates America's pre-eminent advocate of nonviolence — the man who taught by his example that nonviolent action is the most powerful, revolutionary force for social change available to oppressed people in their struggles for liberation.

This holiday honors the courage of a man who endured harassment, threats and beatings, and even bombings. We commemorate the man who went to jail 29 times to achieve freedom for others, and who knew he would pay the ultimate price for his leadership, but kept on marching and protesting and organizing anyway.

Every King Holiday has been a national "teach-in" on the values of nonviolence, including unconditional love, tolerance, forgiveness and reconciliation, which are so desperately-needed to unify America. It is a day of intensive education and training in Martin's philosophy and methods of nonviolent social change and conflict-reconciliation. The Holiday provides a unique opportunity to teach young people to fight evil, not people, to get in the habit of asking themselves, "what is the most loving way I can resolve this conflict?"

On the King Holiday, young people learn about the power of unconditional love even for one's adversaries as a way to fight injustice and defuse violent disputes. It is a time to show them the power of forgiveness in the healing process at the interpersonal as well as international levels.

Martin Luther King, Jr. Day is not only for celebration and remembrance, education and tribute, but above all a day of service. All across America on the Holiday, his followers perform service in hospitals and shelters and prisons and wherever people need some help. It is a day of volunteering to feed the hungry, rehabilitate housing, tutoring those who can't read, mentoring at-risk youngsters, consoling the broken-hearted and a thousand other projects for building the beloved community of his dream.

Dr. King once said that we all have to decide whether we "will walk in the light of creative altruism or the darkness of destructive selfishness. Life's most persistent and nagging question, he said, is 'what are you doing for others?'" he would quote Mark 9:35, the scripture in which Jesus of Nazareth tells James and John " ...whosoever will be great among you shall be your servant; and whosoever among you will be the first shall be the servant of all." And when Martin talked about the end of his mortal life in one of his last sermons, on February 4, 1968 in the pulpit of Ebenezer Baptist Church, even then he lifted up the value of service as the hallmark of a full life. "I'd like somebody to mention on that day Martin Luther King, Jr. tried to give his life serving others," he said. "I want you to say on that day, that I did try in my life...to love and serve humanity.

We call you to commemorate this Holiday by making your personal commitment to serve humanity with the vibrant spirit of unconditional love that was his greatest strength, and which empowered all of the great victories of his leadership. And with our hearts open to this spirit of unconditional love, we can indeed achieve the Beloved Community of Martin Luther King, Jr.'s dream.

May we who follow Martin now pledge to serve humanity, promote his teachings and carry forward his legacy into the 21st Century.

“ WE WILL WALK IN THE LIGHT OF CREATIVE ALTRUISM OR THE DARKNESS OF DESTRUCTIVE SELFISHNESS. ”
-DR. MARTIN LUTHER KING JR.

Year 2018 Horoscopes



Aries
Mar 21 - Apr 19

Look forward to success, praise, and pleasure, Aries! Settle down and work relentlessly toward career and self-improvement goals. The year 2018 starts with your planet Mars conjoined with regal Jupiter in no-nonsense Scorpio. Prepare to rule!



Taurus
Apr 20 - May 20

Rock your world in 2018! Your ruling planet Venus is one of the best connected and most powerful forces in the sky this year. Venus is supercharged on New Year's Day, and so are you. Your goals and aspirations will not be denied. Make them big and noble.



Gemini
May 21 - Jun 20

Welcome to bustling, beautiful 2018, Gemini! You'll have the chance to connect with more people and engage in more new situations as never before. It's also a year for you to start many new projects and begin exploring new avenues in life.



Cancer
Jun 21 - Jul 22

The year 2018 is an open book for you, Cancer. You have access to all that the stars have to offer. If it's work, family, finances, love, or anything else, there will be a planet ready to give you a hand.



Leo
Jul 23 - Aug 22

The year 2018 blazes with energy, challenges, and opportunities of the most practical and far-reaching kind. You're looking at a golden year, Leo! Events in your life may feel more karmic and have more far-reaching consequences.



Virgo
Aug 23 - Sep 22

Virgo, 2018 is your year to get intense! Intensity has its ups and downs, and you can make the most of the ups while coping skillfully with any downs. This intensity colors your whole year.



Libra
Sep 23 - Oct 22

The focus is on you for 2018, Libra. Be prepared for people to look to you for advice and leadership. It will be easy and it will come naturally, so relax and enjoy the attention. Exercise your authority with grace and generosity. This gives people more reasons to respect and love you.



Scorpio
Oct 23 - Nov 21

You're a powerful person and a force of nature in 2018, Scorpio! The year begins with your planet Mars conjoined with influential Jupiter in Scorpio. Once you decide on a plan of action, nothing and no one will be able to slow you down.



Sagittarius
Nov 22 - Dec 21

Enter 2018 moving in high speed, Sagittarius, and accelerate from there. Your planet Jupiter is powerful and ambitious and will keep you going full blast in the direction that moves you forward.



Capricorn
Dec 22 - Jan 19

Life makes more and better sense in 2018, Capricorn. A clearer perspective will make it much easier to achieve your goals and dreams. This isn't superficial charm. It's grace that draws allies and good fortune to you.



Aquarius
Jan 20 - Feb 18

The year 2018 is full of changes, Aquarius, and they all make you more influential and important. You may not always take yourself seriously, but please take what you do seriously, and see great progress and success this year.



Pisces
Feb 19 - Mar 20

The year 2018 is one for hard work, Pisces, and the stars are working hard for you. On New Year's Day, the moon, Mars, Jupiter, and Neptune are all in water signs. You have keen sensitivities and sharp insights and intuition all year long.



National Glaucoma Awareness Month



Month of January: Glaucoma Awareness
Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase.

Glaucoma Research Foundation
251 Post Street, Ste. 600, San Francisco, CA 94108
(415) 986-3162 | grf@glaucoma.org

Tips for a Healthy January

As the holidays fade and we move into the New Year, everyone has one thing on their mind, getting healthy. Are we feeling a little pudgy after overindulging during Christmas? Or maybe you are just want to get back into shape.

Here are a few tips for sticking to a healthier January and on!



1. **Don't Diet or Detox:** Just eat good healthy food instead. Don't worry about fad diets or detoxes, our bodies are amazing and detoxify themselves continuously. We work best when we are given the right ingredients!
2. **Eat the Foods You Enjoy:** Instead of eating healthy foods you don't like, learn how to make the foods you enjoy healthier! This will make it easier to stick to a healthier meal plan.
3. **Don't Use the Excuse of Not having enough time:** Your health is important! Find ways to save time using methods such as batch cooking or prepping the night before. As you get more confident and in a groove things will move faster for you!
4. **Get educated:** If you aren't confident or you don't understand how to make food healthy and taste good, then take some time to do some research! Learn what works best for you.
5. **Choose exercise that you love:** Choose something you will stick to long term, whether that be a team sport, dancing, walking the dog, anything that keeps you active!



TURKEY CHILI TACO SOUP

225 calories

TOTAL TIME: 20 minutes

Top it with your favorite chili toppings such as sour cream, cheese or whatever you like for a healthy meal that can be prepped for the week or frozen for another night.

Featured on skinnytaste.com

INGREDIENTS:

cooking spray
1.3 lbs 99% lean ground turkey
1 medium onion, chopped
1 bell pepper, chopped
10 oz can rotel tomatoes with green chilies
15 oz canned or frozen corn, drained
15 oz no salt added kidney beans, drained
8 oz tomato sauce
16 oz fat free refried beans
1 packet low-sodium taco seasoning (or use homemade)
2 1/2 cups less-sodium chicken broth

DIRECTIONS:

1. Spray a large pot with cooking spray then brown the turkey over medium heat, breaking up with a wooden spoon as it cooks. When cooked through, add the onions and pepper and cook 2-3 minutes. Add tomatoes, corn, beans, tomato sauce, re-fried beans, taco seasoning and chicken broth. Bring to a boil, cover and simmer about 10-15 minutes.

2. Serve with your favorite toppings such as low fat sour cream, jalapeños, reduced fat cheese, chopped scallions, onions, or chopped fresh cilantro. Freeze leftovers in individual portions for future meals.

5 Money Mistakes to Avoid in the New Year

Stop Saving Your Leftovers: instead of saving only what you have left, decide on a set amount to set aside per pay period.

Stop Using Painless Payments: pay by cash or check whenever possible. Avoid one-click payment systems.

Stop Being Silent About Money: discuss your retirement savings with your inner circle, or ask your friends about their salary.

Stop Wholesale Club Shopping: instead shop at supermarkets weekly so you don't overspend. If you have a wholesale membership that you have to use make a list and stick to it!

Stop Allowing Your Credit to be Available to Anyone: try establishing a credit freeze. This can be done on the freeze page at each agencies website individually (Equifax, TransUnion, Experian).

