

"TO TRAVEL IS TO LIVE"



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National Wellness Dates in January



January 12th - 18th

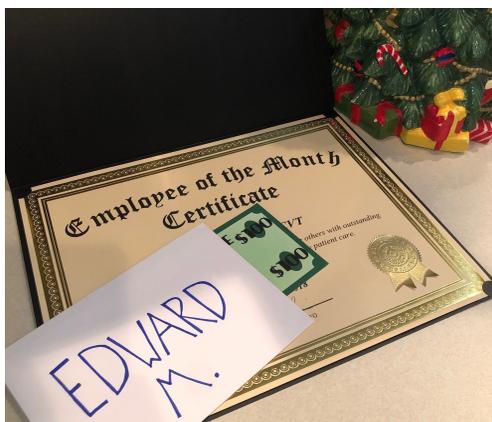
National Sugar Awareness Week
Sugar Awareness Week will be an opportunity to celebrate the success of food industry, government and NGOs' progress so far, and discuss the future for sugar and calorie reduction and it's place in the government's Childhood Obesity Plan.



January 21st - 26th

Healthy Weight Week
The 21st annual 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.

December 2018 Traveler of the Month



We want to take a moment to give a special notice to our December traveler of the month, Edward M! 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: National Blood Donor Month

National Blood Donor Month has been observed in January since 1970 with the goal of increasing blood and platelet donations during winter – one of the most difficult times of year to collect enough blood products to meet patient needs. During the winter months, inclement weather often results in cancelled blood drives, and seasonal illnesses like the flu may cause some donors to become temporarily unable to donate.

American American Red Cross

481 18th Street NW, Washington, DC 20006

(800) REDCROSS | redcross.org





New Years Resolutions for Travel Nurses

Keep growing.

Regardless of your years of experience as a nurse, there are always opportunities for growth. In 2019, push yourself to learn something new! Think about what new skill you want to master, which area of knowledge you want to expand, or even which specialty you want to cross-train in. The most important aspect of goal-setting is to make a simple outline that includes a specific, measurable, and time-bound plan. Whatever it is, commit to a plan and do it! When 2020 arrives, you'll be happy you did.

Care for YOUR body.

We've heard it time and time again, but it really is that important: care for yourself. The irony of taking care of others for a living is that we often do not care for ourselves in the process. Think about specific, attainable changes you can make in your everyday routine. Ask for more help moving patients, stash some pre-cut fruit in the back of the staff fridge, cut down on screen time before bed. Whatever small goal you decide on, promise yourself a simple plan to help your own well-being.

Start a gratitude journal.

Keeping a daily gratitude journal has been proven to boost happiness levels and decrease daily stress levels. It takes only a minute to jot down your thought or memory from your full day. Especially given the nature of your career, mental well-being is extremely important. Physically writing your thoughts down on paper gives them a place to rest. Not to mention that you'll have a cool keepsake to cherish or share with others.

Immerse yourself.

Try a new experience wherever you are on assignment this new year. Even if it is a familiar location, try to explore your city in a new light. Find a meetup group, whether it's for outdoor hiking, book clubs, paint nights, or wine tasting events. Simply try one new experience wherever you work in 2019 and have fun with it!

National Wellness Dates in January



January 22nd - 27th
National Drug and Alcohol Facts Week
National Drug and Alcohol Facts Week is a national health observance linking teens to science-based facts to SHATTER THE MYTHS®



January 25th
IV Nurse Day
Every January 25, infusion nurses around the world celebrate IV Nurse Day. Established in 1980, IV Nurse Day is especially meaningful to nursing professionals who have dedicated their lives to providing patients with the best infusion care.



January 27th
World Leprosy Day
World Leprosy Day takes place on the last Sunday in January. In 2019 this will be 27th January and this year we are calling for governments and authorities to dedicate more resources to leprosy research to support this vastly under-funded area.



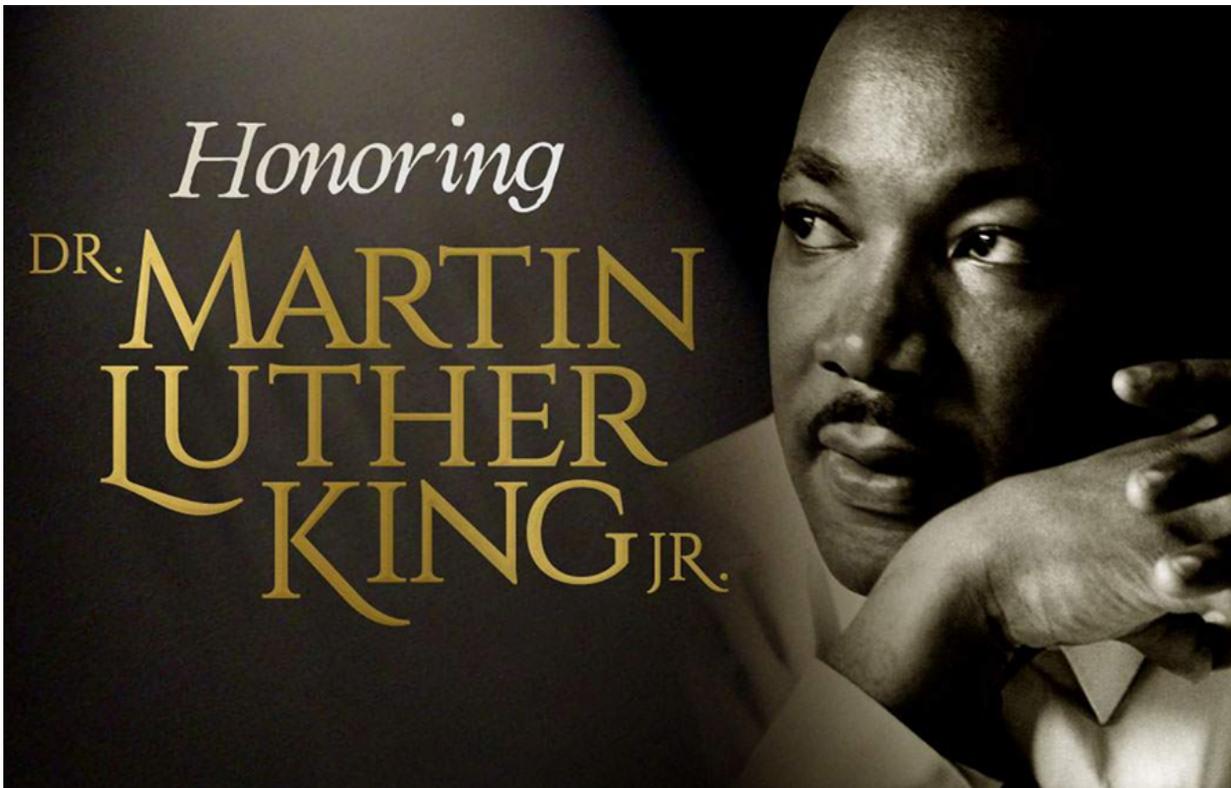
Month of January: Birth Defects Prevention Awareness Month

Birth defects affect 1 in every 33 babies born in the United States and are a leading cause of infant mortality. Babies who survive and live with birth defects are at increased risk for developing many lifelong physical, cognitive, and social challenges. Medical care and support services only scrape the surface of the financial and emotional impact of living with birth defects.

National Birth Defects Prevention Network

1321 Upland Drive, Ste. 1561, Houston, TX 77043

www.nbdpn.org



Martin Luther King Jr. Day January 21st

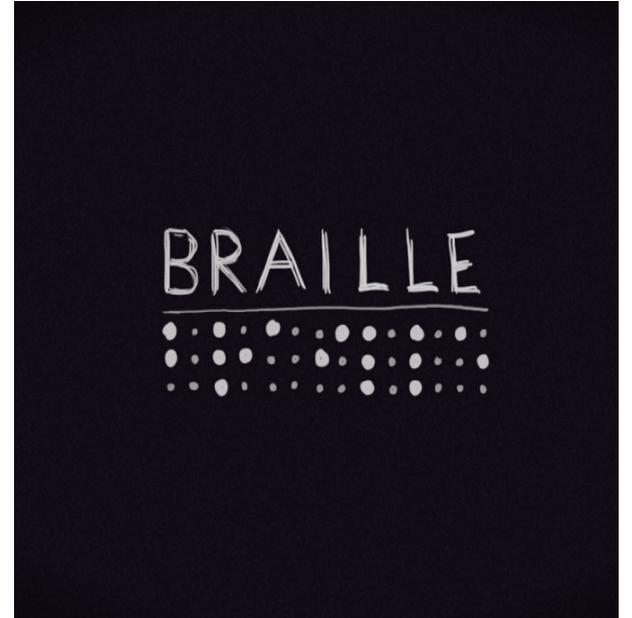
Signed into law in January 1983 by President Ronald Reagan, the national Martin Luther King, Jr. Holiday is a celebration of Dr. King's immeasurable contribution to the United States, and to humankind. The holiday would not have been possible without the tireless leadership of the King Center's founder and long-time president, Mrs. Coretta Scott King. We encourage you to read her inspiring words on the meaning of the King Holiday and learn about its history.

Celebrated on the third Monday of January, the King Holiday is a time when the nation pauses to remember Dr. King's life and work, but also to honor his legacy by making the holiday a day of community service, "a day on, not a day off."

The national Martin Luther King Day of Service was started by former Pennsylvania U.S. Senator Harris Wofford and Atlanta Congressman John Lewis, who co-authored the King Holiday and Service Act. The federal legislation challenges Americans to transform the King Holiday into a day of citizen action volunteer service in honor of King. The federal legislation was signed into law by President Bill Clinton on August 23, 1994. Since 1996, Wofford's former state office director, Todd Bernstein, has been directing the annual Greater Philadelphia King Day of Service, the largest event in the nation honoring King.

Several other universities and organizations around the U.S., such as Arizona State University, Greater DC Cares and City Year, participate in the Martin Luther King Jr. Day of Service. In honor of MLK, hundreds of Volunteer Centers, and volunteers across the country donate their time to make a difference on this day.

The only other official national day of service in the U.S., as designated by the government, is September 11 National Day of Service (9/11 Day).



World Braille Day January 4th

What is World Braille Day About?

World Braille Day is celebrated every year on January 4th because it is Louis Braille's birthday, the inventor of braille! Louis was born in 1809 in France. He became blind after a childhood accident, and he quickly mastered his new way of living. When he was just 15 years old, he created the system we know today as braille, based on a system of writing developed by Charles Barbier. Over the years braille was tweaked to make it easier to read, and now it's used the world over!

Celebrate Braille Literacy

World Braille Day is a reminder of the importance of accessibility and independence for those who are blind or visually-impaired. The reality is that many everyday establishments — restaurants, banks, hospitals — aren't equipped with braille menus, statements or bills. That means people with blindness or a vision impairment aren't given the freedom to choose their own dinner or to keep their finances private.

World Braille Day spreads awareness about braille and other accessible forms of communication. Everyone deserves (and is legally entitled to) the same accommodations and service, regardless of ability. On World Braille Day, let's remember that and do our part to make our workplaces more accessible for everyone.

Month of January: Thyroid Health Awareness Month

The thyroid is a small, butterfly-shaped gland located at the base of the neck. Although relatively small, the thyroid plays a huge role in the body, influencing the function of many important organs, including the heart, brain, liver, kidneys, and skin. Talk with your healthcare provider about whether your thyroid is healthy and functioning properly.

American Thyroid Association

606 Leesburg Pike, Ste. 550, Falls Church, VA 22041
(703) 998-8890 | thyroid.org





How to Make an Epic Charcuterie and Cheese Board

Meat and cheese boards are a go-to for super chill, no stress, entertaining. You can load them up with all your favorite cheese, meats, fruit, nuts and spreads.

Featured on Skinnytaste.com

- Step 1:** Find the right boards to build your platters. Large cutting boards, marble slabs, slate boards, or ceramic platters are great options.
- Step 2:** Choose a variety of cured meats and salami. Pictured here sweet Sopressata, salami, prosciutto, pepperoni, and a variety of other cured meats from Delallo.
- Step 3:** Use a variety of soft and hard cheese options with varying milk types and color such as a Brie, Havarti, Gouda, Hot Pepper, Mozzarella, Provolone, Blue Cheese, etc.
- Step 4:** Add some cured olives and colorful antipasti. Pictured here, Delallo Garlic and Pepper Antipasto, Grilled Artichoke Hearts, Green Cherry Pepper Shooters Stuffed with Prosciutto and Provolone, and Sweet Tangy Pepper Drops.
- Step 5:** Add a few spreads, jams, and mustards with a variety of crackers and bread sticks. Pictured here is Delallo's fig spread, and roasted pepper bruschetta.
- Step 6:** Mix in a colorful variety of fresh and dried fruit such as grapes, berries, dried apricots, and dried banana chips.
- Step 7:** Use a variety of nuts, mix them up! Here is used pignoli and almonds. Pistachios and pecans are also great.
- Step 8:** And for some finishing touches, add some fresh herb sprigs such as mint of rosemary.
- Step 9:** Most importantly, artfully arrange them and have fun making it!



Five-Ingredient Chocolate Cheesecake Cups

65 Calories per Mini Cake

Delicious and creamy chocolate cheesecake made lighter than traditional cheesecake with just FIVE ingredients!

Featured on Skinnytaste.com

INGREDIENTS

- 1oz semisweet baking chocolate, plus 1/8oz shavings (Bakers)
- 4oz Philly 1/3 less fat cream cheese, softened to room temperature
- 1/4 cup sugar
- 1/4 cup light sour cream
- 1 large egg, room temperature



DIRECTIONS

1. Preheat oven to 225°F. Line a mini muffin tin with mini cups or mini muffin liners.
2. Melt 1 oz chocolate in the microwave in 30 second increments, stirring between until chocolate has melted.
3. In a bowl, using a hand mixer, beat the cream cheese and sugar, then add the sour cream and beat until smooth.
4. With a spoon, fold in egg and the melted chocolate and stir until smooth.
5. Spoon 2 tbsp in each cup. Bake 50 minutes, then turn oven off and let cheesecakes sit in oven for 30 minutes longer. Remove and cool.
6. Shave the remaining chocolate and sprinkle over the top before serving.