

## "TO TRAVEL IS TO LIVE"



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

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

### National Wellness Dates in July



July 8th-14th  
National Therapeutic Recreation Week

This is to highlight the importance of engaging in activities that aid in the recovery and healing of people with various forms of disabilities. It can also apply to people undergoing holistic cancer treatments and are in need of something to keep their mind off of the stress that come with being a cancer patient.



July 15th-21st  
Everybody Deserves a Massage Week

Every Body Deserves a Massage Week was started in 1995 by ABMP in order to unite the community of bodywork professionals to lend a "hand" to help those less fortunate. Now in it's 20th year, ABMP is still encouraging bodywork professionals from all over the country to participate.

### June 2018 Traveler of the Month



We want to take a moment to give a special notice to our June traveler of the month, Justin A.! Thank you for being such an important part of our team!



### What we look for when picking our "Traveler of the Month"?

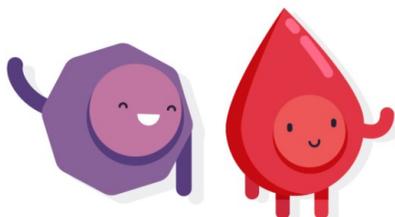
- \*Flexibility
- \*Dependability
- \*Team Player
- \*Works Scheduled Hours
- \*Receives Excellent Evaluations
- \*Active on Social Media
- \*Goes above and beyond to represent themselves as an outstanding medical professional
- \*And of course, continued loyalty to MedSource!!

### Month of July: Cord Blood Awareness Month

The celebration of this month helps in raising awareness on the importance of stem cells that are contained in cord blood. These stem cells are used in regeneration of tissues and treatment of varied illnesses. The conditions that can be treated using stem cells from cord blood include lymphomas, leukemia, varied types of cancers, osteoporosis, anemias, and other immune and blood disorders.

#### Parent's Guide to Cord Blood Foundation

23110 Georgia Avenue, Brookville, MD 20833  
(301) 774-4915 | [www.parentsguidecordblood.org](http://www.parentsguidecordblood.org)



### Cord Blood Awareness Month

#CordBloodAwarenessMonth



## 4th of July and the Birth of Independence Day

The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

When the initial battles in the Revolutionary War broke out in April 1775, few colonists desired complete independence from Great Britain, and those who did were considered radical.

By the middle of the following year, however, many more colonists had come to favor independence, thanks to growing hostility against Britain and the spread of revolutionary sentiments such as those expressed in the bestselling pamphlet “Common Sense,” published by Thomas Paine in early 1776.

On June 7, when the Continental Congress met at the Pennsylvania State House (later Independence Hall) in Philadelphia, the Virginia delegate Richard Henry Lee introduced a motion calling for the colonies’ independence.

Amid heated debate, Congress postponed the vote on Lee’s resolution, but appointed a five-man committee—including Thomas Jefferson of Virginia, John Adams of Massachusetts, Roger Sherman of Connecticut, Benjamin Franklin of Pennsylvania and Robert R. Livingston of New York—to draft a formal statement justifying the break with Great Britain.

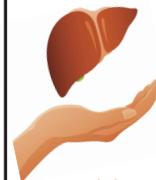
On July 2nd, the Continental Congress voted in favor of Lee’s resolution for independence in a near-unanimous vote (the New York delegation abstained, but later voted affirmatively). On that day, John Adams wrote to his wife Abigail that July 2 “will be celebrated, by succeeding Generations, as the great anniversary Festival” and that the celebration should include “Pomp and Parade...Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other.”

On July 4th, the Continental Congress formally adopted the Declaration of Independence, which had been written largely by Jefferson. Though the vote for actual independence took place on July 2nd, from then on the 4th became the day that was celebrated as the birth of American independence.

## National Wellness

### Dates in July

### Continued



July 28th

World Hepatitis Day

World Hepatitis Day takes place every year on July 28th bringing the world together under a single theme to raise awareness of the global burden of viral hepatitis and to influence real change.



Month of July

International Group B Strep Throat Awareness Month

This day helps in raising awareness to women who are pregnant and those who are in the child rearing period to prevent Group B Strep infection. This helps women to keep their unborn babies healthy and safe as the infection can be fatal.



Month of July

Park and Recreation Month

This July, explore everything your local parks and recreation has to offer! Playgrounds, rec centers, sports leagues, summer camps — these are just a few of the things that come to mind when we think of parks and rec. But, parks and recreation is so much more than that. During Park and Recreation Month, NRPA challenges you to explore the “undiscovered” roles of local parks and recreation, like science, technology, engineering and math programming; senior programs; innovative health and wellness opportunities; community celebrations; outdoor education; flood mitigation; maintenance; and more!

## Month of July: Juvenile Arthritis Awareness Month

July is Juvenile Arthritis Awareness Month, dedicated to making everyone aware that kids get arthritis, too! And while a lot of progress has been made in treating it, there’s still a lot more to do to get to the bottom of this painful and debilitating disorder. So this month, help spread awareness about the 300,000 kids nationwide who suffer from JA, and salute their bravery, strength and determination as mighty JA Warriors!

Arthritis Foundation

1355 Peachtree Street NE Ste. 600, Atlanta, GA 30309

844.571.4357 | [www.arthritis.org/warriors](http://www.arthritis.org/warriors)





UV INDEX 1	UV INDEX 2	UV INDEX 3	UV INDEX 4	UV INDEX 5	UV INDEX 6	UV INDEX 7	UV INDEX 8	UV INDEX 9	UV INDEX 10	UV INDEX 11+
Low (0-2)		Medium (3-5)			High (6-7)		Very High (8-10)			Extremely High (11+)
Sunscreen, SPF 30+ Sunglasses		Sunscreen, SPF 30+ Sunglasses Hat & SummerSkin™			Sunscreen, SPF 30+ Sunglasses Hat & SummerSkin™ Seek Shade		Sunscreen, SPF 30+ Sunglasses Hat & SummerSkin™ Seek Shade			Sunscreen, SPF 30+ Sunglasses Hat & SummerSkin™ Seek Shade
							Limit time outside between 10am-4pm			Stay inside between 10am-4pm

## UV Safety Month and Skin Cancer

Skin cancer is the most common cancer in the United States. In fact, more skin cancers are diagnosed in the US each year than all other cancers combined. The number of skin cancer cases has been going up over the past few decades.

Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. Most of this exposure comes from the sun, but some may come from man-made sources, such as indoor tanning beds and sun lamps. The good news is that you can do a lot to protect yourself and your family from UV rays, as well as to catch skin cancer early so that it can be treated effectively.

You don't need x-rays or blood tests to find skin cancer early – just your eyes and a mirror. If you have skin cancer, finding it early is the best way to make sure it can be treated with success.

### Here Are a Few Tips to Protect Yourself for UV Safety Month

**Don't forget the lotion.** Use a broad-spectrum, water-resistant sunscreen with SPF 15 or higher. Don't forget to reapply every two hours and after swimming or sweating. UV radiation doesn't just happen on the sunniest of summer days, but year-round and even on cloudy days, so using a sunscreen no matter the time of year is good practice.

**Have a protective style.** Wear long sleeves and a hat that provide shade to your face, ears and neck. Protect your vision by wearing polarized sunglasses that block 99 to 100 percent of UV rays.

Take a break - inside. Reduce time spent in the sun during its strongest hours - from 10 a.m. to 4 p.m. Use this time to have fun indoors and reapply your sunscreen.

**Don't fake and bake.** Don't use tanning beds. UV radiation doesn't just cause skin cancer. It can also cause eye damage including cataracts and macular degeneration, weaken the immune system, and cause wrinkles and premature aging. Whether the rays are naturally occurring outdoors or artificial from a tanning salon, they can cause the same harm.

**Inspect yourself.** Check your skin yourself regularly for changes. During other routine health exams, ask your medical provider to perform a skin cancer check.

### Month of July: Cleft and Craniofacial Awareness and Prevention Month

Cleft and craniofacial conditions affect thousands of infants, children, teens and adults in the United States each year. Some are born with congenital anomalies like cleft lip and palate, others with more complex, life-threatening craniofacial conditions. Some are burned; others are injured in accidents and animal attacks, or diagnosed with various oral/head/neck and skin diseases.

**American Cleft Palate-Craniofacial Association**  
1504 E. Franklin St. Ste. 102, Chapel Hill, NC 27514  
(800) 242-5338 | [www.cleftline.org](http://www.cleftline.org)





## Low Carb "Potato" Salad

222 Calories per 3/4 cup  
TOTAL TIME: 35 minutes

A low-carb faux "potato" salad made with cauliflower instead of potatoes, perfect for Keto or if you're just looking to eat less carbs

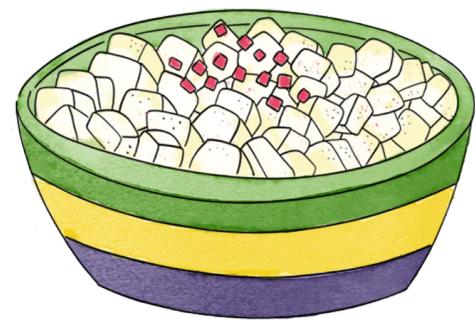
*Featured on Skinnytaste.com*

### INGREDIENTS:

1 lb cauliflower florets, chopped into 1/2 inch pieces  
Kosher salt  
1/2 cup olive oil mayonnaise  
1 tsp yellow mustard  
1 1/2 tsp fresh dill  
Fresh ground black pepper, to taste  
1/4 cup finely chopped dill pickle  
1 finely chopped celery stalk  
1/4 cup chopped red onions  
1 tbsp pickle juice  
6 hard boiled eggs, sliced  
paprika, for garnish

### DIRECTIONS:

1. Place 1 inch of water in a large pot with 1 teaspoon salt and bring to a boil. Add the cauliflower and cook until tender, 8 to 10 minutes. Drain and set aside in a large bowl.
2. Meanwhile, in a small bowl, combine the mayonnaise, mustard, dill, pinch of salt, and pepper. Set aside.
3. Chop 4 of the eggs and add to the bowl with the cauliflower. Slice the remaining two eggs for topping.
4. Add pickle, celery, 1/4 teaspoon salt, pepper, and red onion. Add the mayo mixture and pickle juice to the cauliflower and toss gently to evenly coat. Garnish with remaining sliced eggs and sprinkle with paprika.



## Red White + Blue Fruit Pizza

144 Calories per 1 Bar (1/28th)  
TOTAL TIME: 1 Hour

Red, White and Blue fruit "pizza" is more like a cookie bar, topped with cream cheese frosting and fruit

*Featured on Skinnytaste.com*

### INGREDIENTS:

2 cups all purpose unbleached flour  
1/2 tsp baking soda  
1/4 tsp salt  
1/8 tsp ground cinnamon  
2/3 cup granulated sugar  
1/4 cup melted unsalted butter  
2 large egg whites  
1/4 cup unsweetened apple sauce  
2 tsp vanilla extract  
2/3 cup white chocolate chips

### FOR THE FROSTING:

8 oz 1/3 less fat cream cheese, softened  
1/2 cup powdered sugar  
1 tsp vanilla

### TO ASSEMBLE:

1 1/2 cups blueberries  
2 cups raspberries

### DIRECTIONS:

1. Preheat oven to 350°F
2. Lightly spray a 9x13x1.375 inch non-stick baking pan (quarter sheet pan) with cooking spray.
3. In a large bowl, combine the flour, baking soda, salt, and cinnamon and stir to blend.
4. In another bowl, whisk the sugars with the butter, egg whites, applesauce, and vanilla until light and fluffy.
5. Fold the dry ingredients into the wet ingredients with a spatula in two additions until the batter is very well blended. If the batter looks more "crumbly" than smooth, add just a drop of water at a time (ONLY if needed) until it smooths out.
6. Fold in the white chocolate chips.
7. Spread the batter onto the baking pan using the back of a measuring cup to smooth evenly.
8. Bake 14 to 16 minutes, until the edges are golden and a toothpick inserted comes out clean. Don't over-bake or your bars will be dry.
9. Let it cool completely on wire rack.
10. Meanwhile, prepare the frosting; in a large bowl, use an electric mixer to beat the cream cheese, powdered sugar, and vanilla until well-blended.
11. Spread the frosting evenly over the surface of the cookie, leaving a small margin around the edges.
12. Layer the fresh fruit over the frosting.