

"TO TRAVEL IS TO LIVE"



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

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National Wellness Dates in June



June 3rd

National Cancer Survivors Day
A Celebration of Life that is held in hundreds of communities around the world. It is a CELEBRATION for those who have survived, an INSPIRATION for those recently diagnosed, a gathering of SUPPORT for families, and an OUTREACH to the community.



June 8th

World Brain Tumor Day
Observance of World Brain Tumor Day raises public awareness and educates people about this little-known type of cancer. It also draws public attention to people suffering from brain tumors.



June 9th

Family Health and Fitness Day
Celebrated the second Saturday in June each year, this special day promotes the importance of parks and recreation in keeping communities healthy.

May 2018 Traveler of the Month



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

hey, you're awesome!



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!!



KEEP EACH OTHER SAFE

NATIONAL SAFETY MONTH

Month of June: National Safety Month

Observed annually in June, National Safety Month focuses on reducing leading causes of injury and death at work, on the road and in our homes and communities. We provide downloadable resources highlighting a different safety topic for each week in June: Week 1: Emergency Preparedness, Week 2: Wellness, Week 3: Falls, and Week 4: Driving.

National Safety Council

1121 Spring Lake Drive, Itasca, IL 60143
(800) 621-7615 | www.nsc.org



The History of Flag Day

The Fourth of July was traditionally celebrated as America's birthday, but the idea of an annual day specifically celebrating the Flag is believed to have first originated in 1885. BJ Cigrand, a schoolteacher, arranged for the pupils in the Fredonia, Wisconsin Public School, District 6, to observe June 14 (the 108th anniversary of the official adoption of The Stars and Stripes) as 'Flag Birthday'. In numerous magazines and newspaper articles and public addresses over the following years, Cigrand continued to enthusiastically advocate the observance of June 14 as 'Flag Birthday', or 'Flag Day'.

On June 14, 1889, George Balch, a kindergarten teacher in New York City, planned appropriate ceremonies for the children of his school, and his idea of observing Flag Day was later adopted by the State Board of Education of New York. On June 14, 1891, the Betsy Ross House in Philadelphia held a Flag Day celebration, and on June 14 of the following year, the New York Society of the Sons of the Revolution, celebrated Flag Day.

Following the suggestion of Colonel J Granville Leach (at the time historian of the Pennsylvania Society of the Sons of the Revolution), the Pennsylvania Society of Colonial Dames of America on April 25, 1893 adopted a resolution requesting the mayor of Philadelphia and all others in authority and all private citizens to display the Flag on June 14th. Leach went on to recommend that thereafter the day be known as 'Flag Day', and on that day, school children be assembled for appropriate exercises, with each child being given a small Flag.

Two weeks later on May 8th, the Board of Managers of the Pennsylvania Society of Sons of the Revolution unanimously endorsed the action of the Pennsylvania Society of Colonial Dames. As a result of the resolution, Dr. Edward Brooks, then Superintendent of Public Schools of Philadelphia, directed that Flag Day exercises be held on June 14, 1893 in Independence Square. School children were assembled, each carrying a small Flag, and patriotic songs were sung and addresses delivered.

In 1894, the governor of New York directed that on June 14 the Flag be displayed on all public buildings. With BJ Cigrand and Leroy Van Horn as the moving spirits, the Illinois organization, known as the American Flag Day Association, was organized for the purpose of promoting the holding of Flag Day exercises. On June 14th, 1894, under the auspices of this association, the first general public school children's celebration of Flag Day in Chicago was held in Douglas, Garfield, Humboldt, Lincoln, and Washington Parks, with more than 300,000 children participating.

Adults, too, participated in patriotic programs. Franklin K. Lane, Secretary of the Interior, delivered a 1914 Flag Day address in which he repeated words he said the flag had spoken to him that morning: "I am what you make me; nothing more. I swing before your eyes as a bright gleam of color, a symbol of yourself."

Inspired by these three decades of state and local celebrations, Flag Day - the anniversary of the Flag Resolution of 1777 - was officially established by the Proclamation of President Woodrow Wilson on May 30th, 1916. While Flag Day was celebrated in various communities for years after Wilson's proclamation, it was not until August 3rd, 1949, that President Truman signed an Act of Congress designating June 14th of each year as National Flag Day.

National Wellness Dates in June Continued



June 11th-17th
Men's Health Week

The goal is to increase awareness of male health issues on a global level and to encourage inter- and intra-national institutions to develop health policies and services that meet the specific needs of men, boys, and their families.



June 14th

World Blood Donor Day

The event serves to thank voluntary, unpaid blood donors for their life-saving gifts of blood and to raise awareness of the need for regular blood donations to ensure the quality, safety and availability of blood and blood products for patients in need.



June 15th

Wear Blue Day

Wear BLUE Day is a part of the year-round Wear BLUE® awareness campaign that was created by Men's Health Network to raise awareness about the importance of male health and to encourage men to live longer and healthier lives, and give women an opportunity to encourage them to do so.



June 18th

Autistic Pride Day

On Autistic Pride Day, Autistics participating celebrate Autistic identity and pride. This often includes celebrations of Autistic culture and community.

#MHAM

JUNE IS

MIGRAINE & HEADACHE AWARENESS MONTH

show purple | show support

Month of June: National Migraine & Headache Awareness Month

June is National Migraine & Headache Awareness Month, and the full headache, migraine and cluster communities are working together to plan a bigger and better MHAM for 2018 than ever before. The CHAMP website will serve as a central hub of information about MHAM and will be updated with additional announcements, resources and events over the coming months.

Coalition for Headache and Migraine Patients

www.headachemigraine.org



Facts About the Summer Solstice June 21st

Adapted from TimeandDate.com

- 1. It is Actually Summer AND Winter Solstice:** In the Northern Hemisphere, where it is the longest day of the year in terms of daylight, the June solstice is also called the summer solstice. In the Southern Hemisphere, on the other hand, it is the shortest day of the year and is known as the winter solstice.
- 2. First Solstice of the Year:** Solstices happen twice a year - in June and December. The June solstice happens around June 21, when the Sun is directly overhead the Tropic of Cancer. The December solstice takes place around December 21. On this day, the Sun is precisely over the Tropic of Capricorn.
- 3. The Sun Seems to Stand Still:** Solstice comes from the Latin words sol, meaning Sun and sistere, meaning to come to a stop or stand still. On the day of the June solstice, the Sun reaches its northernmost position, as seen from the Earth. At that moment, its zenith does not move north or south as during most other days of the year, but it stands still at the Tropic of Cancer. It then reverses its direction and starts moving south again.
- 4. It Occurs at the Same Time:** ...all over the world. Technically, the June solstice is the exact instant of time when the Sun is directly overhead the Tropic of Cancer. In 2018, this will happen on June 21 at 11:07 UTC.
- 5. It Can Be On June 20th, 21st, or 22nd:** Even though most people consider June 21 as the date of the June solstice, it can happen anytime between June 20 and June 22. June 22 solstices are rare - the last June 22 solstice in UTC time took place in 1975 and there won't be another one until 2203.
- 6. It's the First Day of Summer:** ...depending on who you ask. Astronomers and scientists use the date of the June solstice to mark the beginning of summer in the Northern Hemisphere and winter in the Southern Hemisphere. For meteorologists, on the other hand, summer began almost three weeks ago, on June 1.
- 7. The Earth is the Farthest from the Sun:** One might think that since it is summer in the Northern Hemisphere, the Earth is closest to the Sun during the June solstice. But it's the opposite. The Earth is actually farthest from the Sun during this time of the year. In fact, the Earth will be on its Aphelion a few weeks after the June solstice.
- 8. The Earliest Sunrise Doesn't Happen on This Day:** Even though the June solstice is the longest day of the year in the Northern Hemisphere, most places do not see the earliest sunrise of the year on this day. The earliest sunrise happens a few days before, and the latest sunset takes place a few days after, the June solstice.
- 9. It's Celebrated Around the World:** The June solstice holds a special place of celebration in many cultures. People around the world celebrate the day with feasts, picnics, dance, and music.

National Wellness Dates in June Continued



June 19th

World Sickle Cell Day

The international awareness day is observed annually in an attempt to increase public knowledge and an understanding of sickle cell disease, while educating those who may not know enough about the struggles experienced by patients and their families and caregivers



June 26th

International Day Against Drug Abuse and Illicit Trafficking

Supported each year by individuals, communities and various organizations all over the world, this global observance aims to raise awareness of the major problem that illicit drugs represent to society.



June 27th

National PTSD Awareness Day

National PTSD Awareness Day is celebrated annually on June 27. It aims to raise awareness of posttraumatic stress disorder, a mental health problem that may develop after a person has been exposed to one or more traumatic events.



June 27th

National HIV Testing Day

This year's theme, Test Your Way. Do It Today., is a call to get tested now and a reminder that there are more ways than ever to get an HIV test.



Month of June: Scleroderma Awareness Month

"Sclero" means "hard" and "derma" means "skin". But hardening skin is just one of many symptoms scleroderma sufferers experience. Stiff joints, digestive issues, lung scarring, and kidney failure. The Scleroderma Foundation has been fighting to spread awareness and help educate the public about this devastating disease for more than 15 years.

The Scleroderma Foundation

(800) 722-HOPE | www.scleroderma.org

Long Distance Father's Day

As many of you are likely away from your dads this Father's Day (Sunday, June 17th), here are a few fun little ideas on how to celebrate from afar.



Let Him Know You Remembered

Whether your dad's a booze-lover or a tech geek, we know you're on top of your gift-giving game. And if you still haven't found just the right thing, it's not too late — you still have some last-minute options. Pick a gift and then mail it out first thing in the morning. Choose light speed shipping.

Bake His Favorite Dessert

Whip up a batch of your dad's favorite treats — and while you're at it, send half of them home, stat. Even if it doesn't reach him in time, he'll know you were thinking about him on Father's Day.

Give Him the Day Off

Your dad deserves a break. Book him a tee time at his favorite golf course and tell him you'll check back in a couple of hours. He'll thank you later.

Catch a Movie Together

Living away from home doesn't mean you can't have father-daughter/father-son nights. Treat him to a movie ticket and catch the same flick, long-distance.

Share a Cold One

After your movie toss back a few beers together. Grab his favorite brew — or make a cocktail of your own — and set up a Skype date.

Give Him a Gift that Keeps on Giving

So you can't be home every day — but you can sign your dad up for a monthly subscription. A subscription like Birchbox will get him a set of lifestyle products, custom selected just for him — plus a monthly reminder of how much you care.



Summer Cavatelli with Corn, Tomatoes and Zucchini

298 Calories per 1 1/3 cups
TOTAL TIME: 20 minutes

Quick summer pasta dish made with homemade Cavatelli pasta, cherry tomatoes, zucchini, corn and marinara.

Featured on Skinnytaste.com

INGREDIENTS:

- 1 lb fresh or frozen cavatelli
- 3 tsp olive oil
- 2 ears of corn (kernels cut from cob)
- 1 pint cherry tomatoes, quartered
- 1 1/2 cups diced zucchini
- 2 cloves garlic, sliced
- 1 tsp kosher salt
- black pepper, to taste
- 3/4 cup marinara sauce
- 6 tbsp grated Pecorino Romano, plus more for serving
- 2 tbsp fresh basil, for garnish

DIRECTIONS:

1. Bring a large pot of salted water to a boil.
2. In a large skillet over medium heat, add 2 teaspoons of the olive oil and garlic, and cook until golden and fragrant, about 1 minute.
3. Add the tomatoes and 1/4 teaspoon salt and cook 3 minutes, until the tomatoes soften.
4. Add the corn and zucchini and cook until tender crisp, 2 to 3 minutes.
5. Add the marinara, season with salt and pepper and cook until heated through, about 1 minute.
6. Meanwhile, cook the cavatelli according to package directions, reserving some of the water before draining, then toss with the marinara and vegetables.
7. Add the grated cheese, remaining teaspoon olive oil, 1/4 teaspoon salt and black pepper to taste and cook 1 minute, adding some of the reserved pasta water as needed.
8. Serve right away with fresh basil and additional grated cheese if desired.

June is Aphasia Awareness Month

2 million people

in the United States have

Aphasia

and have lost all or some of ability to use words



#aphasiaawareness

Month of June: Aphasia Awareness Month

2 million people in the United States have aphasia, but 84.5% of Americans state that they've never heard the term aphasia. This fact needs to change immediately to pave the way for better communication experiences for people living with aphasia.

Get ready because it's time for Aphasia Awareness Month.

National Aphasia Association
(212) 267-2814 | www.aphasia.org
P.O.Box 87, Scarsdale, NY 10583