

## "TO TRAVEL IS TO LIVE"



**Check us out on Social Media!**



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

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

### National Wellness Dates in March



March 8th

World Kidney Day

World Kidney Day is a global awareness campaign aimed at raising awareness of the importance of our kidneys.



March 11th - 17th

National Sleep Awareness Week

More than four in ten Americans reported that their daily activities were significantly impacted by poor or insufficient sleep at least once during the past seven days. Sleep is essential to feeling refreshed and rested, and is an indispensable part of a healthy lifestyle.

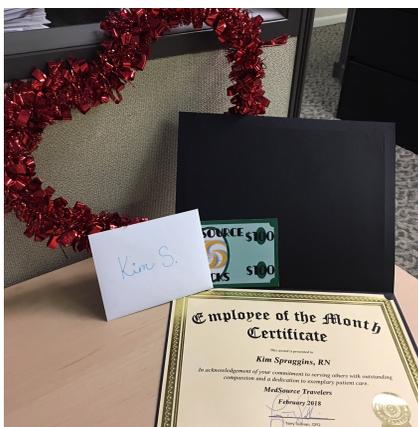


March 12th - 18th

Brain Awareness Week

Every March, BAW unites the efforts of partner organizations worldwide in a celebration of the brain for people of all ages.

### February 2018 Traveler of the Month



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

you're so cool  
ice cubes are jealous



### 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 March: National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Academy of Nutrition and Dietetics

120 S. Riverside Plaza, Ste. 2190, Chicago, IL 60606

(800) 877-1600 | [www.eatright.org](http://www.eatright.org)



## Who is St. Patrick and Why Do We Celebrate St. Patrick's Day?

By Rev. John Trigilio, Jr., Rev. Kenneth Brighenti

Every March 17th, thousands of people don their greenest garb, march in Irish pride parades, eat green clover-shaped cookies, and quaff frosty mugs of green beer in celebration of St. Patrick's Day. But do you really know who St. Patrick was and why he is celebrated?

Patrick was born in AD 387 just south of Hadrian's Wall in Britain, which was part of the Roman Empire (that's right — he wasn't Irish!). He was captured by Irish pagans in his early teens and taken to Ireland, where he was enslaved for six years. During that time, he grew to like the spirit of the Irish. When he escaped and returned to his family, he vowed to one day return to Ireland.

He studied at monasteries on the continent and was eventually ordained a priest and then a bishop. Pope Celestine I commissioned Patrick to be an apostle to Ireland.

Patrick initially encountered many hardships among the pagans, particularly the druids. They weren't willing to give up their power over the old religion and feared Patrick and Christianity. Although the ruling monarch, King Laoghaire, didn't convert to Christianity, many of his family members did, and little by little, the old religion began to fade. Patrick traveled from town to town, tearing down idols and temples and establishing the Catholic Church. By AD 444, the primatial see and first cathedral of Ireland were built in Armagh.

He baptized, confirmed, and ordained priests, and he erected schools and monasteries. Thousands came into the Church under his direction. He accomplished all these activities in less than 30 years, during which time the whole island nation of Ireland was converted. Toward the end of his life, he wrote Confessions, in which he gives a record of his life and mission. He died on March 17, 461, of natural causes. He is buried in Downpatrick in present-day Northern Ireland.

Today, St. Patrick is the patron saint of Ireland, of many dioceses throughout the English-speaking world, and of engineers. He is also invoked against the fear of snakes and snakebites.

## National Wellness

### Dates in March Continued



March 19th - 25th

**National Poison Prevention Week**  
The week is an opportunity to highlight the dangers of poisonings for people of all ages and promote community involvement in poisoning prevention.



March 11th - 17th  
**National Pulmonary Rehabilitation Week**

Celebrate Pulmonary Rehabilitation Week and educate your community about the role of pulmonary rehabilitation in enhancing the quality of life of individuals with lung disease.



March 21st

**World Down Syndrome Day**  
A global awareness day which has been officially observed by the United Nations since 2012. The date for WDS Day, being the 21st day of the 3rd month, was selected to signify the uniqueness of the triplication (trisomy) of the 21st chromosome which causes Down syndrome.



March 24th

**World Tuberculosis Day**  
World TB Day is designed to build public awareness that tuberculosis today remains an epidemic in much of the world, causing the deaths of nearly one-and-a-half million people each year, mostly in developing countries.



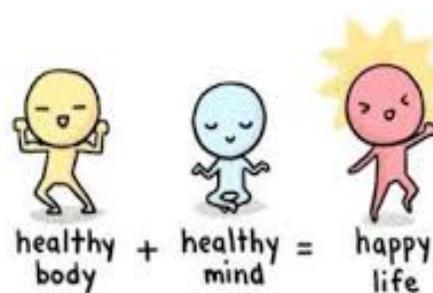
March is

**National Brain Injury Awareness Month**

### Month of March: Brain Injury Awareness

Each March, the Brain Injury Association of America leads the nation in observing Brain Injury Awareness Month by conducting an awareness campaign aimed at educating the general public about the incidence of brain injury and the needs of people with brain injuries and their families.

**Brain Injury Association of America**  
1608 Spring Hill Road, Ste. 110, Vienna, VA 22182  
(703) 761-0750 | [www.biausa.org](http://www.biausa.org)



## 30 Simple Health Tips to Try Each Day of March

### 1. Cut Portions

Try using a smaller plate to make portions appear larger.

### 2. Sip while you sit

Bring a bottle of water wherever you sit.

### 3. Make a move

Take the stairs or park a couple blocks away.

### 4. Have a vegetable at breakfast

Try adding tomato or mushrooms to your eggs!

### 5. Find fiber

This will help you feel fuller longer.

### 6. Flip the package over

See what's really in your food.

### 7. Don't fear fat -- but don't go overboard

Just watch your portions!

### 8. Don't have guilt as a side dish

Don't overindulge!

### 9. Be mindful

Try closing your eyes and appreciating what you eat.

### 10. Pick plants

Protein from plants can help lower cholesterol.

### 11. Tap into your dark side

Dark chocolate is heart healthy and a mood booster.

### 12. Eat something fishy

Shoot for 3 times a week.

### 13. Take time for tea

It contains polyphenols and is good for your bones.

### 14. Cook with your kids

This is a lesson they can use for the rest of their lives.

### 15. Shake the salting habit.

Try lemon, herbs or spices.

### 16. Eat when you eat

Try not to do simultaneous activities when eating.

### 17. Sleep more, weigh less

Lack of zzz's can mess with hormone levels.

### 18. Be good to your gut

Include fermented or high fiber foods in your diet.

### 19. Make healthy swaps

Find ways to lighten up your go to foods!

### 20. Go nuts

Nuts can reduce cholesterol and stabilize blood glucose.

### 21. Indulge without bulge

Indulge in small amounts of comfort foods.

### 22. Chill out

Frozen fruits and veggies can be very nutritious!

### 23. Have a superfood

Add a fruit or veggie to each meal.

### 24. Share a meal

Try splitting a large entree with a friend.

### 25. Get big on beans

Rich in protein and fiber, plus taste good!

### 26. Do something

Don't call it exercise--call it fun!

### 27. Cook someone a meal

It's a good way to show someone you care.

### 28. Keep a food diary

Most people don't realize how much they *really* eat.

### 29. Make snacks count

Shoot for proteins, whole grains, and healthy fats.

### 30. Be kind to yourself

Find other ways to reward yourself than food.



**MS**  
AWARENESS MONTH

#### Month of March: National MS Education and Awareness Month

Launched in 2003, National MS Education and Awareness Month is observed in March of each year, nationwide effort by the Multiple Sclerosis Foundation and affiliated groups to raise the public's awareness of multiple sclerosis. The vital goals of this campaign are to promote an understanding of the scope of this disease, and to assist those with MS in making educated decisions about their healthcare.

Multiple Sclerosis Foundation

(888) 673-6287 | [www.msfocus.org/](http://www.msfocus.org/)

Feed the positive  
Starve  
The Negative

## Spring Cleaning: Positive Energy

With Spring right around the corner (March 20th), the first thing that comes to my mind is Spring cleaning! This year, instead of just focusing on cleaning your home this Spring, try shifting focus to how you can clean your life and insert some positive energy! Here are a few easy ways to boost positivity for the Spring season.

**Get in Touch With Nature:** Trust me, it's not as silly as it sounds. After the hard, bitter cold, unrelenting winter most of us have experienced, getting outside to soak up some hard-earned Vitamin D is no joke! Relax on a patch of grass and bask in the sunlight. Close your eyes and breathe in that spring scent. Nature will calm you.

**Get Physical:** Move your body! With clear blue skies and sunshine it's time to unpack your sneakers and take a nice, jog. Being physically fit is going to release endorphins which will lift your spirits and strengthen your confidence.

**Surround Yourself With Others:** We all want to connect with other people on some level. Making these connections will undoubtedly increase your happiness and ultimately lead you to live a more positive life.

**Eat Well, Feel Well:** If you want to feel 100% you have to give your body the goods. This means water, fruit, veggies, and protein. When you fuel your body the right way, you're going to feel positive in every fiber of your being!



### Banging Good Shrimp

215 calories

TOTAL TIME: 20 minutes

*A healthier, slimmed down copycat recipe of Bonefish Grill's very popular Bang Bang shrimp recipe*

*Featured on Skinnytaste.com*

#### INGREDIENTS:

5 tbsp Light mayo  
3 tbsp Thai Sweet Chili Sauce  
1 tsp Sriracha (to taste)

#### For the shrimp:

1 lb large shrimp (shelled/deveined)  
2 tsp Cornstarch  
1 tsp Canola oil  
3 cups Shredded iceberg lettuce  
1 cup Shredded purple cabbage  
4 tbsp scallions (chopped)

#### DIRECTIONS:

1. In a medium bowl, combine mayonnaise, Thai sweet chili sauce and Sriracha. Set aside.
2. Combine lettuce and cabbage and divide between four plates. Set aside.
3. Coat shrimp with cornstarch, mixing well with your hands.
4. Heat a large skillet or wok on high heat, when hot add oil. When oil is hot add the shrimp to hot pan and cook tossing a few times until cooked through, about 3 minutes.
5. Remove from pan and combine with the sauce coating well.
6. Place shrimp on lettuce and top with scallions.



## Daylight Savings

March 11th 2018

After a winter full of polar vortexes, many of us are in the habit of switching on every lamp in the house and cranking the thermostat WAAAAY up as we watch our energy bill rise with it! Longer warmer days mean a cozy sweater and socks can compensate. Sooner than we know sunshiney days will be here to stay! Daylight Savings is March 11th this year and the first day of Spring falls on March 20th.