

"TO TRAVEL IS TO LIVE"



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www.twitter.com/medsourcetravel

National Wellness Dates in March



March 3rd

World Birth Defects Day
The vision for WBDD is to raise birth defects awareness. Birth defects impact millions of families and a sustained focus is needed to support research, prevention, treatment and services.



March 6th

World Lymphedema Day
To make cures for lymphedema and lymphatic diseases a global priority. WLD is an annual advocate-driven celebration.



March 10th - 16th

Patient Safety Awareness Week
Patient Safety Awareness Week is an annual recognition event intended to encourage everyone to learn more about health care safety.

February 2019 Traveler of the Month



We want to take a moment to give a special notice to our February traveler of the month, James C! 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 March: Brain Injury Awareness Month

For more than three decades, the BIAA has proudly led the nation in observing Brain Injury Awareness Month by conducting an engaging public awareness campaign in March of each year. The #ChangeYourMind public awareness campaign provides a platform for 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

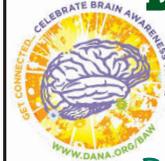
1608 Spring Hill Road, Suite 110, Vienna, VA 22182

(703) 761-0750 | biausa.org





National Wellness Dates in March



March 11th - 17th

Brain Awareness Week

Brain Awareness Week is a nationwide effort organized by the Dana Alliance for Brain Initiatives and the Society for Neuroscience to promote the public and personal benefits of brain research.



March 14th

World Kidney Day

World Kidney Day is a global health awareness campaign focusing on the importance of the kidneys and reducing the frequency and impact of kidney disease and its associated health problems worldwide.



March 17th - 23rd

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 21st

World Down Syndrome Day

Down Syndrome International (DSI) encourages our friends all over the world to choose their own activities and events on WDS Day to help raise awareness of what Down syndrome is, what it means to have Down syndrome, and how people with Down syndrome play a vital role in our lives and communities.

Pi Day is an annual celebration of the mathematical constant π (pi). Pi Day is observed on March 14 (3/14 in the month/day format) since 3, 1, and 4 are the first three significant digits of π . In 2009, the United States House of Representatives supported the designation of Pi Day.

In 1988, the earliest known official or large-scale celebration of Pi Day was organized by Larry Shaw at the San Francisco Exploratorium, where Shaw worked as a physicist, with staff and public marching around one of its circular spaces, then consuming fruit pies. The Exploratorium continues to hold Pi Day celebrations

On March 12, 2009, the U.S. House of Representatives passed a non-binding resolution recognizing March 14, 2009 as National Pi Day. For Pi Day 2010, Google presented a Google Doodle celebrating the holiday, with the word Google laid over images of circles and pi symbols; and for the 30th anniversary in 2018, it was a Dominique Ansel pie with the circumference divided by its diameter.

The entire month of March 2014 (3/14) was observed by some as "Pi Month". In the year 2015, March 14 was celebrated as "Super Pi Day". It had special significance, as the date is written as 3/14/15 in month/day/year format. At 9:26:53, the date and time together represented the first 10 digits of π .

Pi Day has been observed in many ways, including eating pie, throwing pies and discussing the significance of the number π , due to a pun based on the words "pi" and "pie" being homophones in English (/paɪ/), and the coincidental circular nature of a pie.

Keep an eye out this Pi Day for awesome pie deals, including pizza.

You might even manage to score a free slice!



Month of March: National Kidney Month

The NKF is urging all Americans to give their kidneys a second thought and a well-deserved checkup. 1 in 3 Americans is at risk for kidney disease due to diabetes, high blood pressure or a family history of kidney failure. There are more than 30 million Americans who already have kidney disease, and most don't know it because there are often no symptoms until the disease has progressed.

National Kidney Foundation

30 E. 33rd Street, New York, NY 10016
(800) 622-9010 | www.kidney.org



Down Cathedral and the assumed grave of St. Patrick - Downpatrick - Northern Ireland, UK (Photos by Jenny Snay)

History of St. Patrick's Day

What began as a religious feast day in the 17th century has evolved into a variety of festivals across the globe celebrating Irish culture with parades, special foods, music, dancing, and a whole lot of green. St. Patrick died on March 17, 461.

But did you know that he wasn't even Irish?

History:

Patrick's birth name was Maewyn. He was born in Roman Britain. He was kidnapped into slavery and brought to Ireland.

He escaped to a monastery in Gaul (France) and converted to Christianity. He went back to Ireland in 432 as a missionary. While Christianity had already taken hold in the country, tradition has it that Patrick confronted the Druids at Tara and abolished their pagan rites, making Christianity more widespread.

Patrick became a bishop and after his death was named Ireland's patron saint. Celebrations in Ireland were understated though. When the Irish emigrated to the U.S., they created the bigger celebrations and parades known today.

Eighteenth century Irish soldiers who fought in the Revolutionary War held the first St. Patrick Day parades. The celebrations became a way for the Irish to connect with their roots after they moved to America.

Fun Facts:

The shamrock: According to legend St. Patrick used the three leaf clover (or shamrock) to explain the Trinity.

Dyeing the river green: The practice of dyeing the river green started in Chicago in 1962, when city officials decided to dye a portion of the Chicago River green.

Corn beef and cabbage: This is an Irish American dish. Irish Americans were so poor they could not afford certain meals. On St. Patrick's Day, the best meal they could afford was beef and cabbage. It became a staple for the holiday.

National Wellness Dates in February



March 24th

World Tuberculosis Day

The World Tuberculosis Day theme for 2019 is 'It's Time!' Designed to build public awareness about the global epidemic of tuberculosis and efforts to eliminate the disease.



March 26th

Diabetes Alert Day

Held the last Tuesday of March each year, American Diabetes Association Alert Day® encourages everyone to take the Type 2 Diabetes Risk Test and participate in workplace-friendly activities that will teach them about reversing the risk for diabetes.



March 30th

National Doctor's Day

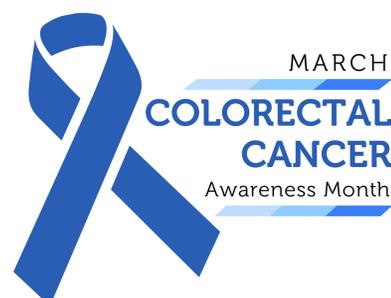
National Doctor's Day. National Doctor's Day is a holiday which is celebrated on March 30th in the United States. It is a holiday that honors physicians for the work they do for their patients, the communities they work in and for society as a whole.

Month of March: National Colorectal Cancer Awareness Month

"Don't Assume" is the CCA's 2019 National Colorectal Cancer Awareness Month public awareness campaign. Don't assume you're too young for colorectal cancer. Don't assume you're alone. And don't assume we don't need your support to end this disease within our lifetime. Our goal is to challenge assumptions and misconceptions about colorectal cancer by dispelling myths, raising awareness, and connecting people across the country with information and support.

Colorectal Cancer Alliance

1025 Vermont Avenue NW, Ste. 1066, Washington, DC 20005
(202) 628-0123 | ccalliance.org





Corned Turkey and Cabbage Dinner

276 Calories per serving (8 servings)

Leave the same old Corned Beef behind for this Corned Turkey and Cabbage Dinner made with the same pickling spices and roasted vegetables.

Featured on Skinnytaste.com

TURKEY

1/2 tsp ground allspice
1/2 tsp ground mustard
1/2 tsp ground coriander
1/4 tsp ground ginger
1/4 tsp ground cinnamon
1 tbsp brown sugar
1/2 tsp ground cloves
1/2 tsp ground black pepper
1 bay leaf, crumbled fine
Olive oil spray
1/2 turkey breast,
boneless and skin on

VEGETABLES

1 head cabbage,
cut into 8 wedges
4 carrots, peeled and cut
into 1/2 inch coins
1 lb yukon gold potatoes
cut into 1" chunks
1 tbsp canola oil
1/2 tsp kosher salt
1/4 tsp ground black pepper

DIRECTIONS

1. Preheat the oven to 400°F.
2. Mix all the spices (including the brown sugar) together.
3. Pull the skin up from the meat and rub half of the spices onto the turkey.
4. Put the turkey skin side down onto your baking sheet and rub the rest of the spices onto the top of the turkey breast.
5. Put the turkey into the oven to cook while you prepare the vegetables. (Turkey will cook a total of about 35 mins.)
6. Toss the carrots and potatoes into the oil with the salt and pepper.
7. Add them to the baking sheet.
8. Add the cabbage wedges to the sheet and spray with a 1/2 second of olive oil spray.
9. Add the vegetables to the oven and continue cooking for another 30 minutes.
10. Remove when turkey is cooked through and vegetables have just started to brown.



Whole Wheat Irish Soda Bread Muffins

147 Calories per muffin

These Irish soda bread muffins are delicious! Speckled with raisins, they are sweet and perfectly enjoyed with a hot cup of tea.

Featured on Skinnytaste.com

INGREDIENTS

Baking spray
1 cup white whole wheat flour
1 cup unbleached flour
1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
3 tbsp chilled butter
1 cup 1% buttermilk
3 tbsp honey
1 large egg, beaten
3 oz raisins (about 2/3 cup)

DIRECTIONS

1. Preheat the oven to 375°F. Spray Muffin tin with baking spray.
2. In a large bowl combine all dry ingredients (flour, baking powder, baking soda, and salt). Using a pastry cutter or two knives, cut in butter until mixture resembles coarse crumbs.
3. In a small bowl, stir together buttermilk, honey, and egg until blended.
4. Add buttermilk mixture to dry ingredients and stir to combine. Stir in raisins.
5. Spoon batter into prepared pan.
6. Bake 20-25 minutes, or until toothpick inserted in center of one muffin comes out clean.
7. Remove tin and cool on a wire rack for about 5 minutes before removing muffins from tin; finish cooling on rack.
8. Serve warm or cool completely and store muffins in an airtight container or ziplock bags at room temperature.