

"TO TRAVEL IS TO LIVE"



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National Wellness Dates in May



May 1st

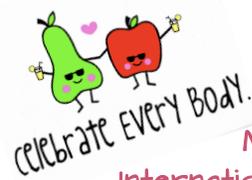
World Asthma Day

World Asthma Day is an annual event organized by the Global Initiative for Asthma (GINA) to improve asthma awareness and care around the world.

May 5th

World Hand Hygiene Day

WHO calls on health facilities to prevent health care-associated sepsis through hand hygiene and infection prevention and control (IPC) action.



May 6th

International No Diet Day

Annual celebration of body acceptance, including fat acceptance and body shape diversity. This day is also dedicated to promoting a healthy life style with a focus on health at any size and in raising awareness of the potential dangers of dieting and the unlikelihood of success.

April 2018 Traveler of the Month



We want to take a moment to give a special notice to our April traveler of the month, Glen W.! 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 May: Mental Health Awareness

When we talk about health, we can't just focus on heart health, or liver health, or brain health, and not whole health. You have to see the whole person, and make use of the tools and resources that benefit minds and bodies together. We'll focus on what we as individuals can do to be fit for our own futures – no matter where we happen to be on our own personal journeys to health and wellness.

Mental Health America

500 Montgomery Street, Ste. 820, Alexandria, VA 22314
(703) 684-7722 | www.mentalhealthamerica.net





What Is Cinco De Mayo and Why Is It Celebrated In the United States?

Adapted from Raul A. Reyes

- 1. No, It's not Mexico's Independence Day.** Cinco de Mayo commemorates the triumph of the Mexican army at the Battle of Puebla on May 5, 1862. This victory occurred over 50 years after Mexico's Independence Day, which is celebrated on September 16. The significance of Cinco de Mayo is that it represents Mexican resistance to foreign intervention, it is a moment where Mexico as a young nation rallied to defend itself, but it was not a struggle for independence. Instead it represented a struggle against imperialism.
- 2. Cinco de Mayo commemorates a military victory over France - not Spain.** Why was Mexico at war with France? Because the Mexican government had defaulted on its foreign debt to several European countries, so France invaded our southern neighbor.
- 3. Cinco de Mayo is a bigger celebration in the U.S. than in Mexico.** Recent Mexican immigrants are often surprised at what a huge thing Cinco de Mayo has become here, they do celebrate the holiday in Mexico, but it is only a big deal in Puebla. The evolution of Cinco de Mayo can be seen as a metaphor for Mexican-American assimilation. The first American Cinco de Mayo celebrations date back to the 1860s, when Mexicans in California commemorated the victory. About a century later, Chicano activists rediscovered the holiday and embraced it as a symbol of ethnic pride. In the 1980s and 1990s, corporations began promoting Cinco de Mayo as a way to reach Hispanic consumers and sell products like tequila and beer. So over time, this "foreign" holiday has become firmly ingrained in U.S. consciousness; Cinco de Mayo received its own commemorative postage stamp in 1998 and is also customarily observed at the White House.
- 4. Cinco de Mayo has a connection to the U.S. Civil War.** The Battle of Puebla, occurred at a time when the Confederacy was expanding into New Mexico and Arizona, getting closer to California (which was a free state). For Mexicans in the U.S., the Civil War and the French invasion of Mexico were like one war with two fronts. They were concerned about France, which sided with the Confederacy, being on America's doorstep. Had the Battle of Puebla gone differently, there is a real chance that the Civil War might have gone differently.
- 5. The hero of the original Cinco de Mayo was a Texan.** General Ignacio Zaragoza, who led the ragtag Mexican forces to victory over the superior French army, was born near what is now Goliad, Texas. This fact should make Americans, especially Texans, very proud of their connection to that event. The fact that a Tejano (or "Tex-Mex") has a link to Cinco de Mayo reflects the reality that Mexican history is part of American history. It gives you a sense that our countries have had a shared history going back hundreds of years, it's something that extends to cultural and national ties as well as family ties.

National Wellness Dates in May Continued



May 12th
World Chronic Fatigue Syndrome Awareness Day
 CFS Awareness Day is being observed around the world in many different cities and countries. This day helps bring awareness to CFS patients, families, caregivers, and researchers.



May 6th - 12th
Root Canal Awareness Week
 During Root Canal Awareness Week the American Associates of Endodontists is celebrating endodontists, the superheroes of saving teeth.



May 13th - 19th
Food Allergy Awareness Week
 Empowering the food allergy community and beyond to recognize how they can shine a light on food allergies and anaphylaxis.



May 13th - 19th
National Women's Health Week
 National Women's Health Week is an observance led by the U.S. Department of Health and Human Services Office on Women's Health. The goal is to empower women to make their health a priority. The week also serves as a time to encourage women to take steps to improve their health.



Month of May: Skin Cancer Awareness Month

With 5.4 million cases in more than 3.3 million people diagnosed annually, skin cancer is the most common form of cancer in the United States. Fortunately, skin cancer is also one of the most preventable forms of cancer and highly treatable when detected early.

The Skin Cancer Foundation

205 Lexington Avenue, 11th Floor, New York, NY 10016

(212) 725-5176 | www.skincancer.org



Don't Take the Remembrance Out of Memorial Day

BY CLIFF SOSAMON

What does Memorial Day mean to you? Is it a day off work, time spent grilling with family and friends? A day to grab the hottest discounts on cars and electronics — perhaps a needed new mattress? Or maybe a day to catch a game and enjoy a cold one or two?

It seems over the years Memorial Day has come to represent the luxuries of Western society and the best sales since Presidents' Day. Retailers are more than willing to give the American public just what they want — sales.

However, for those of us who have served, and the families of those who did not come home, it is anything but a retail holiday. Memorial Day to us is a somber day of remembrance. It is a day to honor the ultimate sacrifice so many of our brothers and sisters in arms have made for this exceptional nation. To remember this country was founded — and kept secure — by the blood of patriots. Men and women who've heeded the call to stand the ramparts and defend all that we hold dear: life, liberty and the pursuit of happiness.

The day was first observed after the Civil War and known as Decoration Day. Businesses closed and communities came together in a day of honor and remembrance. They decorated the graves of fallen soldiers with flags and flowers. They set time aside, one and all, to honor those who fought for freedom. In 1971, this long-standing tradition was recognized as a federal holiday meant as a time for our nation to come together as one and recognize the cost of freedom.

To many, Memorial Day has come to signify the start of summer and a well-deserved three-day weekend. For the families who have lost a loved one, and those who've lost a comrade in arms to the ravages of war, it is a day of honor and reaffirming the promise to not let their sacrifice have been in vain.

It is a day in which we laugh at their antics, stand tall with honor for having them in our lives, and cry — for they are no longer with us. We are proud to carry on their memory and do so at one of the thousands of Memorial Day events around this great land, or at one of the thousands of cemeteries at which they now lay at rest.

Sure, we will enjoy a family cookout and a cold one, but we should also set time aside to honor our fallen. Memorial Day to us is a somber day, a happy and prideful day. These great warriors filled our lives and sacrificed everything to ensure we sleep peacefully at night under the protective blanket of freedom they helped provide.

So, on May 29th, take your loved ones to a Memorial Day event, or place the Stars and Stripes on the gravesite of an American military service member, or set time aside to reflect on the sacrifices that have been made to ensure we remain the land of the free.

National Wellness Dates in May Continued



May 14th - 18th

National Bike to Work Week

Whether you bike to work or school; ride to save money or time; pump those pedals to preserve your health or the environment; or simply to explore your community, it's an opportunity to celebrate the unique power of the bicycle and the many reasons we ride.



May 19th

National Hepatitis Testing Day

Millions of Americans have chronic viral hepatitis and most of them do not know they are infected. Hepatitis Testing Day is an opportunity to remind health care providers and the public who should be tested for viral hepatitis.



May 31st

World No Tobacco Day

Highlighting the health and other risks associated with tobacco use, and advocating for effective policies to reduce tobacco consumption. The focus of WNTD 2018 is "Tobacco and heart disease." The campaign will increase awareness on the:

- Link between tobacco and heart and other cardiovascular diseases (CVD), including stroke, which combined are the world's leading causes of death;
- Feasible actions and measures that key audiences, including governments and the public, can take to reduce the risks to heart health posed by tobacco.

MAY IS BETTER HEARING & SPEECH MONTH



Month of May: Better Hearing and Speech Month

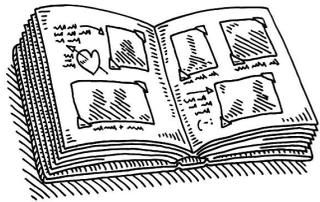
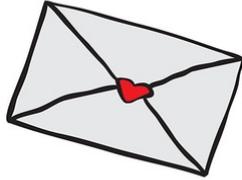
Each May, Better Hearing & Speech Month (BHSM) provides an opportunity to raise awareness about communication disorders and role of American Speech-Language-Hearing Association members in providing life-altering treatment. For 2018, the theme is "Communication for All." We have many resources to help you celebrate all month long.

American Speech-Language-Hearing Association

(800) 638-8255 | www.ASHA.org

Long Distance Mother's Day

As many of you are likely away from your moms this Mother's Day (Sunday, May 13th), here are a few fun little ideas on how to celebrate from afar.



Breakfast in Bed via Skype:

With the wonders of modern technology, it will almost be as if you were there! Have another family member prepare breakfast for you, or have her favorite breakfast place deliver!

Crafty Cards and Letters

Moms appreciate a good handmade gift more than anyone! It may seem childish to make your own card, but to our mom's we will always be kids! Plus, admit it, it's kind of fun! If crafting isn't your thing it is totally ok to buy a card, but include a thoughtful handwritten note or letter to make it extra special.

Make a Photo Book

Moms always love pictures, especially of their children! Photo books are typically fairly inexpensive and easy to put together. If a book seems like too much maybe a calendar, coffee mug, or stationary would be more your style.

Order a Fun Gift

Sending your mom a gift doesn't have to be pricey, but it should definitely be thoughtful! Consider what her current hobbies or passions are and play off that. Or send her a gift that is local to your current area, to help her feel like she is with you on your traveling adventure.

Plan For the Future

Just because you're away from home right now, doesn't mean you can't plan a fun day for when you get back! Let your mom know you want to spend time with her when you return, and make some fun plans. It doesn't have to be anything expensive, something like a hike or take her to her favorite eatery. This will give you time to catch up and make new memories. Plus the suspense of a surprise makes it even more fun!



Salsa Verde

20 calories per 1/4 Cup
TOTAL TIME: 30 minutes

A fresh, healthy salsa perfect for dipping your tortilla chips into or used in recipes that call for jarred Salsa Verde.

Featured on Skinnytaste.com

INGREDIENTS:

- 3/4 lb tomatillos, husks removed
- 1 poblano chili
- 1 serrano chili (or jalapeno for milder)
- 1 clove garlic, crushed
- 2 tbsp chopped onion
- 2 tbsp chopped cilantro
- 1/4 tsp sugar
- 1 tsp kosher salt

DIRECTIONS:

1. Preheat the broiler. Rinse and dry the tomatillos. Line a broiler pan with foil and arrange the tomatillos on the foil along with the poblano and serrano chili peppers. Broil until they are charred on top, about 3 minutes. Use tongs to turn and broil the other sides until charred, 3 to 4 minutes.
2. Wrap the tomatillos and chilies in foil and let them rest for 10 minutes. Unwrap the tomatillos and chilies and peel the skin off the poblano chili and remove the seeds. The tomatillos and serrano chili don't need to be peeled or seeded.
3. Place the tomatillos and chilies into the bowl of a food processor. Add the garlic, sugar and salt. Pulse the mixture until the ingredients are coarsely chopped.
4. Add 5 to 6 tablespoons of water, the onion, and cilantro. Pulse quickly until a coarse puree forms, then transfer to a serving dish.



Salsa Picante Roja

20 calories per 1/4 Cup
TOTAL TIME: 35 minutes

A fresh, healthy salsa perfect for dipping your tortilla chips into or used in recipes that call for jarred red salsa.

Featured on Skinnytaste.com

INGREDIENTS:

- 3 medium tomatoes, cored and quartered
- 1 jalapeno, stem removed and roasted
- 3-4 small cloves of garlic
- 2 tbsp cilantro
- 3-4 tbsp water
- 1 tsp olive oil
- salt to taste

DIRECTIONS:

1. Roast your jalapeno using your preferred method, if you have a gas stove you can do it right in the flame, or you can grill it. Or you can also broil in the oven for about 3 minutes per side. If you prefer milder salsa you will want to remove the seeds.
2. In a blender, add tomatoes, jalapeno, garlic, cilantro, and water; pulse a few times until completely smooth.
3. Add oil to a deep skillet, then pour in your mixture. Season with salt and simmer uncovered, stirring occasionally for 20 - 25 minutes.
4. Transfer to a serving dish. This can be stored a few days in the refrigerator or freeze the rest.