

## "TO TRAVEL IS TO LIVE"



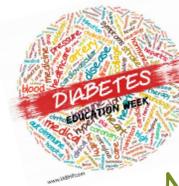
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### National Wellness Dates in November



November 5th - 11th

**National Diabetes Education Week**

Nearly 30 million Americans suffer from diabetes, another 86 million have prediabetes, and the total national cost of diagnosed diabetics is estimated to be around \$245 billion.



November 12th

**World Pneumonia Day**

Pneumonia Day provides an annual forum for the world to stand together and demand action in the fight against pneumonia. Established in 2009 to raise awareness about the toll of pneumonia—a leading killer of children around the world—and to advocate for global action to protect against, help prevent, and effectively treat this deadly illness.

### October 2018 Traveler of the Month



We want to take a moment to give a special notice to our September traveler of the month, Kim H.! 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 November: National Diabetes Month

Whether you're living with diabetes, caring for someone who is, or you're fighting to stop it, there's a hero in you. There isn't a cure yet for diabetes, but a healthy lifestyle can really reduce its impact on your life. What you do every day makes the difference: eating a healthy diet, being physically active, taking medicines if prescribed, and keeping health care appointments to stay on track.

**American Diabetes Association**

2451 Crystal Drive, Ste. 900, Arlington, VA 22202

(800) 342-2383 | [diabetes.org](http://diabetes.org)





## History of Dia de los Muertos - Day of the Dead

Day of the Dead is an interesting holiday celebrated in central and southern Mexico during the chilly days of November 1 & 2. Even though this coincides with the Catholic holiday called All Soul's & All Saint's Day, the indigenous people have combined this with their own ancient beliefs of honoring their deceased loved ones.

They believe that the gates of heaven are opened at midnight on October 31, and the spirits of all deceased children (angelitos) are allowed to reunite with their families for 24 hours. On November 2, the spirits of the adults come down to enjoy the festivities that are prepared for them.

In most Indian villages, beautiful altars (ofrendas) are made in each home. They are decorated with candles, buckets of flowers (wild marigolds called cempasuchil & bright red cock's combs) mounds of fruit, peanuts, plates of turkey mole, stacks of tortillas and big Day-of-the-Dead breads called pan de muerto. The altar needs to have lots of food, bottles of soda, hot cocoa and water for the weary spirits. Toys and candies are left for the angelitos, and on Nov. 2, cigarettes and shots of mezcal are offered to the adult spirits. Little folk art skeletons and sugar skulls, purchased at open-air markets, provide the final touches.

Day of the Dead is a very expensive holiday for these self-sufficient, rural based, indigenous families. Many spend over two month's income to honor their dead relatives. They believe that happy spirits will provide protection, good luck and wisdom to their families. Ofrenda building keeps the family close.

On the afternoon of Nov. 2, the festivities are taken to the cemetery. People clean tombs, play cards, listen to the village band and reminisce about their loved ones. Tradition keeps the village close. Day of the Dead is becoming very popular in the U.S. ~ perhaps because we don't have a way to celebrate and honor our dead, or maybe it's because of our fascination with it's mysticism.

## National Wellness Dates in November Continued



November 14th  
World Diabetes Day

WDD is the world's largest diabetes awareness campaign reaching a global audience of over 1 billion people in more than 160 countries. The campaign draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public and political spotlight.



November 17th  
Great American Smoke Out

Let the Great American Smokeout event on November 15 be your day to start your journey toward a smoke-free life. You'll be joining thousands of smokers across the country in taking an important step toward a healthier life and reducing your cancer risk.



November 17th  
World Prematurity Day

Premature birth is the leading cause of death in children under the age of five worldwide. Babies born too early may have more health issues than babies born on time. World Prematurity Day on November 17 raises awareness of this serious health crisis.



**LUNG CANCER  
AWARENESS MONTH**  
NOVEMBER

### Month of November: Bladder Health Month

The Lung Cancer Awareness Month Coalition is a group of leading international research and advocacy organizations that partner each November in an effort to improve outcomes for lung cancer patients across the world. Unlike many other diseases, with lung cancer, there is a shocking lack of knowledge among both patients and physicians about effective risk reduction and treatment options. The Coalition seeks to fill this void, inspiring hope and achieving better results for patients in the process.

Lung Cancer Awareness Month Coalition

[www.lcam.org](http://www.lcam.org)



## A Brief Thanksgiving History

Thanksgiving Day is a national holiday in the United States, and Thanksgiving 2018 occurs on Thursday, November 22. In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November

Did you know? Lobster, seal and swans were on the Pilgrims' menu.

Pilgrims held their second Thanksgiving celebration in 1623 to mark the end of a long drought that had threatened the year's harvest and prompted Governor Bradford to call for a religious fast. Days of fasting and thanksgiving on an annual or occasional basis became common practice in other New England settlements as well. During the American Revolution, the Continental Congress designated one or more days of thanksgiving a year, and in 1789 George Washington issued the first Thanksgiving proclamation by the national government of the United States; in it, he called upon Americans to express their gratitude for the happy conclusion to the country's war of independence and the successful ratification of the U.S. Constitution. His successors John Adams and James Madison also designated days of thanks during their presidencies.

In 1817, New York became the first of several states to officially adopt an annual Thanksgiving holiday; each celebrated it on a different day, however, and the American South remained largely unfamiliar with the tradition. In 1827, the noted magazine editor and prolific writer Sarah Josepha Hale—author, among countless other things, of the nursery rhyme "Mary Had a Little Lamb"—launched a campaign to establish Thanksgiving as a national holiday. For 36 years, she published numerous editorials and sent scores of letters to governors, senators, presidents and other politicians. Abraham Lincoln finally heeded her request in 1863, at the height of the Civil War, in a proclamation entreating all Americans to ask God to "commend to his tender care all those who have become widows, orphans, mourners or sufferers in the lamentable civil strife" and to "heal the wounds of the nation." He scheduled Thanksgiving for the final Thursday in November, and it was celebrated on that day every year until 1939, when Franklin D. Roosevelt moved the holiday up a week in an attempt to spur retail sales during the Great Depression. Roosevelt's plan, known derisively as Franksgiving, was met with passionate opposition, and in 1941 the president reluctantly signed a bill making Thanksgiving the fourth Thursday in November.

## National Wellness

### Dates in November

#### Continued



November 17th

National Survivor Day

Survivor Day is the one day a year when people affected by suicide loss gather around the world at events in their local communities to find comfort and gain understanding as they share stories of healing and hope.



November 18th - 24th

GERD Awareness Week

Gastroesophageal reflux disease, a very common disorder. Each year around the week of Thanksgiving, IFFGD encourages people experiencing the symptoms, which may be GERD-related, to consult their physicians.



November 21st

World COPD Day

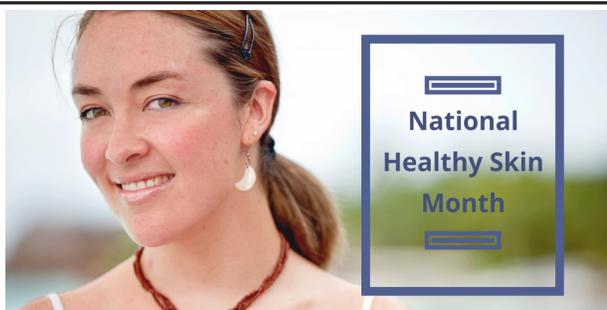
Chronic Obstructive Pulmonary Disease is a progressive lung condition that results in obstruction of airflow in the breathing tubes or airways of the lungs. It causes narrowing of the bronchial tubes in the lungs, making it difficult to breathe.



November 22nd

National Family Health History Day

Tracing the illnesses suffered by your parents, grandparents, and other blood relatives can help your doctor predict the disorders to which you may be at risk and take action to keep you and your family healthy.



National  
Healthy Skin  
Month

### Month of November: National Healthy Skin Month

Your skin is your body's largest organ, so it's important to take good care of it. November is National Healthy Skin Month, however, learn how to keep your skin healthy all year-round.

If you notice anything suspicious on your skin, or if you have a question about skin care, see a board-certified dermatologist.

American Academy of Dermatology

9500 W. Bryn Mawr Avenue, Ste. 500, Rosemont, IL 60018

(888) 462-3376 | www.aad.org



## Turkey Pot Pie Soup

192 Calories for 1 1/3 cups  
TOTAL TIME: 45 minutes

Leftover turkey is delicious in turkey pot pie, so why not use it to make turkey pot pie soup?

Featured on [Skinnytaste.com](http://Skinnytaste.com)

### INGREDIENTS:

1/4 cup flour  
2 cups turkey stock  
4 cups fat free milk  
2 large celery stalks, chopped  
1 1/2 cups chopped onion  
8oz sliced cremini mushrooms  
fresh ground pepper  
2 tbsp chopped parsley  
8 oz frozen peas and carrots  
1 tsp Turkey Better n Bullion  
2 medium (12oz) potatoes, peeled and cubed small  
16 oz cooked turkey breast, diced small

### DIRECTIONS:

1. Create a slurry by combining 1/2 cup of the cold broth with flour in a medium bowl and whisk until well blended. Set aside.
2. Pour remaining broth and milk into a large pot and slowly bring to a boil.
3. Add celery, onion, mushrooms, parsley, fresh pepper, frozen vegetables, bullion, and return to a boil. Partially cover and simmer on low until vegetables are soft, about 20 minutes.
4. Remove lid, add potatoes and cook until soft, about 5 minutes.
5. Add turkey, and slowly whisk in slurry, stirring well as you add. Cook another 2-3 minutes, until soup thickens, adjust salt and pepper to taste and serve.



## Pumpkin Spice No-Bake Cheesecake

187 Calories for 1 (of 10)

An EASY Fall dessert, this no-bake cheesecake is light and fluffy, made with pumpkin and spices.

Featured on [Skinnytaste.com](http://Skinnytaste.com)

### CRUST INGREDIENTS:

6 sheets graham crackers (3.5oz)  
2 tbsp raw sugar  
3tbsp cold whipped butter

### FILLING INGREDIENTS:

8 oz 1/3 less fat Philadelphia Cream Cheese  
1/2 cup canned pureed pumpkin  
1 tsp vanilla  
1 tsp cinnamon  
1 tsp pumpkin pie spice  
1/4 cup brown sugar, unpacked  
4 oz Truwhip, thawed

### DIRECTIONS:

1. Preheat oven to 375°F
2. Place all the ingredients into a food processor and pulse a few times.
3. Add 1 tbsp water and pulse a few more times until it has a texture of coarse meal.
4. Press into an 8-inch pie dish making the crust about 1/8-inch thick evenly all around and up the sides.
5. Refrigerate the crust for 30 minutes before you bake it, this will help prevent crumbling when you want to serve it.
6. Bake until the edges are golden, about 8 to 10 minutes.
7. Remove from the oven and let the crust cool on a wire rack before filling.
8. In a large bowl whip cream cheese, pumpkin, vanilla, cinnamon, pumpkin pie spice, and brown sugar for a few minutes until fluffy. A hand mixer or spatula both work fine.
9. Add Truwhip and whip until smooth.
10. Spoon mixture into pie crust and chill for a few hours until firm.

