

## "TO TRAVEL IS TO LIVE"



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### National Wellness

**Dates in  
October**



October 1st  
Child Health Day

The President invites all agencies and organizations interested in child welfare to unite on Child Health Day in observing exercises that will make the people of the United States aware of the fundamental necessity of a year-round program to protect and develop the health of the children of the United States.



October 7th - 13th  
National Case Management Week

This year's ACMA theme, *Case Management: Improving Outcomes. Improving Care.* was selected to emphasize the impact professionals in case management make every day. Across all care settings, case managers are making the difference!

### September 2018 Traveler of the Month



We want to take a moment to give a special notice to our September traveler of the month, Santia D! 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!!

**BREAST  
CANCER  
AWARENESS  
MONTH**



### Month of October: Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. Our mission is to help those affected by breast cancer through early detection, education and support services.

When you need information, help, or hope, we are here for you.

**National Breast Cancer Foundation, Inc.**  
2600 Network Blvd., Ste. 300, Frisco, TX 75034  
(972) 248-9200 | [nationalbreastcancer.org](http://nationalbreastcancer.org)



## History Behind Mischief/Devil's Night

Anyone who has woken up on Halloween morning to find their house egged, their pumpkin smashed or yard toilet-papered, however, is lucky enough to live where a sister tradition that is not quite as old (but a yearly custom all the same) is also practiced with fervor.

The night of Oct. 30, which goes by a variety of names including Devil's Night in Detroit and Miggy Night in parts of England, sees neighborhood youngsters pull pranks just as diverse as the custom's monikers, ranging from the innocent to the downright dangerous.

So where did this license to cause mayhem come from?

Mischief Night, as it is most commonly known in the United States, has been around in its present form for at least 50 years, when it became a day for playing "tricks" while Halloween itself was reserved for the little one to gather "treats." The practice goes back hundreds of years before that, though, to a time when Halloween and misbehavior were inextricably linked.

Causing mischief has been a part of the Halloween tradition since the very beginning.

The most ancient roots of Halloween come from the Celts of Great Britain, who believed that the day before their Nov. 1 New Year was a time when spirits came back to haunt and play tricks. On Oct. 31, people dressed up in scary costumes, played games, lit bonfires and left food out on their doorsteps for the ghosts in celebration of this otherworldly event, which the Celts called Samhain.

When Great Britain was Christianized in the 800s, the ghoulish games of Samhain merged with All Saints Day and All Souls Day, during which the dead were honored with parades and door-to-door solicitation by peasants for treats — usually a bit of food or money.

Before the 20th century, Halloween mischief in the United States and Canada happened on Oct. 31 and consisted of tipping over outhouses, unhinging farmer's gates, throwing eggs at houses and the like. By the 1920s and 30s, however, the celebrations had become more like a rowdy block party, and the acts of vandalism more serious, probably instigated by tensions over the Great Depression and the threat of war, historians say.

To stem the vandalism, concerned parents and town leaders tried to ply kids with candy, encouraging the forgotten tradition of trick-or-treating in costume in exchange for sweets, bumping the mischief element from the celebrations of Oct. 31 altogether. It was then that the troublemakers, neighborhood by neighborhood, adopted Oct. 30 as their day to pull pranks.

## National Wellness Dates in October Continued



October 7th - 13th

### Mental Illness Awareness Week

That is why each year, during the first week of October, NAMI and participants across the country raise awareness of mental illness. Each year, we educate the public, fight stigma and provide support. And each year, our movement grows stronger.



October 10th

### International Emergency Nurses Day

Nursing as a profession requires a special level of compassion and nurses working in hospital emergency wards face numerous difficulties during their working life, yet still return every day to provide crucial care for those who need it the most.



October 11th

### National Depression Screening Day

National Depression Screening Day began as an effort to reach individuals across the nation with important mental health education and connect them with support services. Screening for Mental Health (SMH) pioneered National Depression Screening Day as the first, voluntary, mental health screening initiative in 1990.

## Month of October: National Chiropractic Health Month

For National Chiropractic Health Month 2018 this October, the American Chiropractic Association (ACA) and its members will encourage the public to move more -- to "Move 4 Life" -- to improve and maintain their musculoskeletal and overall health. As part of the campaign, chiropractors will provide information about musculoskeletal health and tips to stay active and prevent injury.

American Chiropractic Association

1701 Clarendon Blvd., Ste. 200, Arlington, VA 22209

703.276.8800 | [www.acatoday.org](http://www.acatoday.org)



Whether you steal candy from the kids, or buy your own, there's always plenty of candy floating around at Halloween time. Want to get super classy with it?

Try pairing your candy with a beer or wine this year! Just check out the charts below to find the perfect pairing for your next Halloween treat, you may just find your new favorite sweet tooth go to!

### CANDY & BEER PAIRINGS



### HALLOWEEN CANDY & WINE PAIRINGS



## National Wellness

### Dates in October

#### Continued



October 12th  
World Arthritis Day

With 1 in 4 Americans afflicted with arthritis, NOW is the time to find a cure. We're inviting you to join us in raising awareness about arthritis on World Arthritis Day!

Clean your hands and nobody gets hurt.



October 14th - 20th  
International Infection Prevention Week

IIPW, raises awareness of the role infection prevention plays to improve patient safety. IIPW is one week of recognition, but infection preventionists are committed 365 days a year.



October 15th - 19th  
International Nuclear Science Week

NSW invites people to "Get to Know Nuclear" and participate in a week-long celebration that advances education, stimulates participation and generates communication that provides insight and visibility for the achievements of the nuclear sciences.



October 20th  
World Osteoporosis Day

World Osteoporosis Day is a key date in the bone field. It's an occasion when people around the globe unite to put the spotlight on the immense global burden caused by osteoporosis.

### Month of October: Liver Awareness Month

A month devoted to the importance of liver awareness gives you the opportunity to focus on the important role the liver plays. Much of the Foundation's emphasis during October continues to point to the cause and treatment for liver diseases like hepatitis A, B and C; cirrhosis, biliary atresia and liver cancer.

#### American Liver Foundation

39 Broadway, Ste. 2700, New York, NY 10006  
(800) 465-4837 | [www.liverfoundation.org](http://www.liverfoundation.org)



## Liver

AWARENESS MONTH



## Roasted Pumpkin Sage Soup

137.5 Calories for 1 3/4 cups  
TOTAL TIME: 1 hr & 45 minutes

Pumpkin season is in full swing, and this pumpkin sage soup is the perfect first course for any meal.

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

### INGREDIENTS:

2 medium sugar pumpkins or pie pumpkins  
1 tbsp butter  
3/4 cup shallots, diced  
3 cloves garlic, chopped  
4 cups fat free, low sodium chicken broth  
1 tbsp fresh sage, more for garnish  
salt and pepper to taste  
reduced fat sour cream garnish (optional)

### DIRECTIONS:

1. Heat oven to 400°F.
2. Using a heavy, sharp knife, cut the pumpkins in half. Scoop out seeds and place on a baking sheet; bake for 1 - 1 1/2 hours.
3. When the pumpkin is cooked and cool enough to handle, use a spoon to scoop out the flesh. This should make about 5 cups.
4. Add butter to a large pot or Dutch oven, on medium heat; add shallots and saute until tender, about 4 minutes.
5. Add garlic and cook an additional minute.
6. Add pumpkin and broth to the pot, along with sage, salt and pepper, and bring to a boil. Simmer for about 15 minutes.
7. Blend in a blender or immersion blender until the soup is smooth.
8. (Optional) Garnish with light sour cream and sage.

## National Wellness Dates in October Continued



October 21st - 27th

### International Respiratory Care Week

A week set to honor and recognize respiratory therapists. Respiratory Care Week is celebrated internationally but most notably in Canada and the US.



October 22nd

### International Stuttering Awareness Day

The day is intended to raise public awareness of the millions of people - one percent of the world's population - who have the speech disorder of stuttering, also known as stammering.



October 23rd

### National Lock Your Meds Day

A national multi-media campaign designed to reduce prescription drug abuse by making adults aware that they are the "unwitting suppliers" of prescription medications being used in unintended ways, especially by young people.



October 29th

### World Psoriasis Day

Psoriasis affects over 125 million people around the world - not just physically, but also socially, emotionally and financially. World Psoriasis Day aims to raise the profile of this debilitating disease and increase awareness of the effect it has on people's lives.



## Candy Corn Fruit Parfaits

151 Calories for 1 (of 8)

A delicious Halloween treat that's light and easy to make.

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

### INGREDIENTS:

2 tbsp sugar  
1/2 cup heavy whipping cream  
1/2 tsp vanilla  
1/2 cup plain fat free Greek yogurt  
2 2/3 cups diced pineapple (fresh or canned)  
2 2/3 cups jarred mandarin oranges, drained

### DIRECTIONS:

1. Place a metal bowl and metal beaters of a hand mixer into the freezer for 10-15 minutes.
2. Place sugar into the mixing bowl and add the whipping cream and vanilla. Using a hand mixer, beat until the cream and vanilla reaches stiff peaks (about 2-3 minutes). Fold in the Greek Yogurt.
3. In 8oz jars or clear plastic cups place 1/3 cup mandarin oranges in each, then 1/3 cup pineapple. Top each with 3 tbsp of whipped cream.

### Month of October: Medical Ultrasound Awareness

Medical Ultrasound Awareness Month (MUAM) was established to provide the public with a better understanding of ultrasound and its many uses of this fast growing technology in healthcare. It also provides ultrasound professionals a chance to celebrate their profession.

American Society of Echocardiography

2530 Meridian Parkway, Ste. 450, Durham, NC 27713

(919) 861-5574 | [www.asecho.org](http://www.asecho.org)

