



Thirteen Weeks

TIME TO TRAVEL OCTOBER 2010

In This Issue

Making Friends **P.1**

In October **P.1**

On Assignment **P.2**

Breast Cancer Awareness **P.3**

Golden Apple Oatmeal **P.3**

Hot Jobs **P.4**

Follow Us **P.4**

Name It **P.4**

Happening In October

National Bosses Day **Oct 4**

World Teacher Day **Oct 5**

Columbus Day **Oct 11**

Farmer's Day **Oct 12**

Boss's Day **Oct 16**

Monster Mash **Oct 20**

National Nut Day **Oct 22**

United Nations Day **Oct 24**

National Denim Day **Oct 25**

Halloween **Oct 31**



How to Make Friends IN AND OUT OF THE HOSPITAL

When we were younger, making friends was easy. School provides us with an instant pool of people our own age that we interact with on a daily basis, who are in the same boat we are. But once we leave nursing school and enter the real world, finding friends can be a more difficult task, especially if you have to relocate for a job:

Whether in or out of the hospital, you are dealing with a myriad of ages, interests, and personalities. So how do you sift through it all to find true friends? Here are some tips on how to make it happen.

- Make yourself accessible by engaging in conversation
- Reach out of your comfort zone, you can't sit in your little bubble and expect people to approach you
- Find a common interest by looking into groups or clubs inside and outside the hospital
- Try unconventional methods such as organizing an after working movie night or happy hour

8 Friends to Make at the Hospital:

Whether you are a seasoned health care veteran or a just-starting-out amateur, it's always a wise idea to make friends with some allies and get better acquainted with the inner workings of the hospital.

1. Security
2. ER Technicians
3. Financial Counselors
4. On-Call Contract Employees
5. Medical Receptionists and Secretaries
6. Interpreter
7. Medical and Clinical Lab Techs
8. Other Nurses!

Nursinglink.com





On Assignment in Alaska

Alaska, the largest state in the United States with the longest coastline, is situated in the northwest extremity of North America with Canada to the east, the Arctic Ocean to the North and the Pacific Ocean to the west and South. Of Alaska's seven hundred thousand residents, approximately half live in Anchorage and as of 2009 Alaska remains the least densely populated state in the U.S.

In March 1867 Alaska was purchased from Russia for \$7.2 million but didn't become an organized territory until May 11, 1912 and the 49th state of the U.S. on January 3, 1959. Alaska, a name introduced by colonial Russia, is derived from *alaxsxaq* meaning "the mainland" or more literally "the object towards which the action of the sea is directed".

With its myriad of islands, active volcanoes, over 3 million lakes and half of the world's glaciers, Alaska is identified as part of Wrangellia, a large region consisting of multiple states and Canadian provinces in the Pacific Northwest which is actively undergoing continent building. Climate in Alaska ranges from oceanic in Juneau and the Southeast panhandle to subarctic in the northern parts.

Alaska is broken up into "regions" which include the far north (Barrow, Nome), Interior (Fairbanks), Southwest (Bethel) South-central (Anchorage) and the Inside Passage (Juneau, Ketchikan and Sitka).

Some of Alaska's popular annual events include the Iditarod Trail Sled Dog Race (starting in Anchorage and ending in Nome), the World Ice Art Championship in Fairbanks, the Alaska Hummingbird Festival in Ketchikan, the Sitka Whale Fest and the Stikine River Garnet Fest in Wrangell. The Stikine River features the largest springtime concentration of American Bald Eagles in the world.

There are also many established music festivals in Alaska, including the Alaska Folk Festival, the Fairbanks Summer Arts Festival, the Anchorage Folk Festival, the Athabaskan Old-Time Fiddling Festival, the Sitka Jazz Festival and the Sitka Summer Music Festival. Each region has its own flare and individual draw.

For those afraid to venture north for the winter, put your fears to the side, you don't see Alaskan hibernating, they think winter is where to fun begins. Yes some parts of Alaska experience 30 days of night and yes some parts of Alaska get pretty cold but there are endless activities and events from wildlife to wild times.

From hot springs and sleigh rides to skiing and carnivals Alaska in the winter offers a variety of goings-on.

Alaska is different from every other destination in the world. Every day offers an unforgettable memory: a mother moose and calf, glaciers and mountains, unique Native cultures, our Russian legacy and Gold Rush days. Even lifelong Alaskans are amazed! Travel jobs are available in almost every region of Alaska so pick your pleasure and catch a flight for the adventure of a lifetime!





Live Well Work Well

October is National Breast Cancer Awareness Month

Mammograms can often detect breast cancer years before a woman can find a lump herself – and when breast cancer is caught at an early, localized stage, the five-year survival rate is 97 percent according to the American Cancer Society.

When should you start getting mammograms?

In 2009, the U.S.



Preventive Services Task Force began recommending that most women should not receive mammograms before age 50 – instead of 40, and that it's better for the tests to come every two years instead of annually. The risk of breast cancer does increase with age, so women age 50 and over are advised to get these routine mammograms to help detect breast cancer as early as possible. Young women at high risk for breast cancer should discuss with a physician if earlier screenings are necessary.

Women in their 20s and 30s should have a clinical breast examination as a part of a periodic health exam by a medical professional every three years. After age 40, women should have a breast exam every year.

Golden Apple Oatmeal

Take advantage of apple picking season by experimenting with different varieties of apples in this quick and easy, healthy breakfast recipe.

- 1 golden delicious apple, diced
- 1/3 cup 100 percent apple juice
- 1/3 cup water
- Dash of cinnamon
- Dash of nutmeg
- 1/3 cup quick-cooking rolled oats

Combine apples, juice, water and seasonings; bring to a boil. Stir in uncooked rolled oats; cook 1 minute. Cover and let stand several minutes before serving.





HOT JOBS



LAS VEGAS, NV
ER, ICU, L&D, MS



CALIFORNIA
ER, ICU, L&D, OR



OKLAHOMA
PICU, OR



NEW MEXICO
ER, ICU, MS, L&D



FLORIDA
ICU, TELE, MS, OR



LOUISIANA
L&D, PACU, OR, MS



ARIZONA
ICU, TELE, PEDS



ALASKA
MS, ER, CVOR, L&D

FOLLOW US



...and be rewarded. Follow TGhealthcare1 on Twitter or friend us on facebook, then send us a message including your contact information, and we will mail you a complimentary \$5 Starbucks gift card to help warm you up this fall. Please including your current mailing address where you would like the gift card sent to.

Name It Location

Be the first person to correctly identify this place (name, city and state) and receive a \$25 American Express gift card
Email your guess to Hannah@tghealthcare.com

