

Thirteen Weeks

Happening in August...

Foot Health Month

National Golf Month

Aug 1-American Family Day

Aug 2-Ice Cream Sandwich Day

Aug 5-Neil Armstrong's birthday

Aug 19- Potato Day

Aug 20-National Radio Day

Aug 24-Strange Music Day

Aug 29-1st scout camp opened

Aug 31-National Trail Mix Day

Insuring Good Foot Health

We use our feet every day, so it's obvious how important foot care is. If you have foot problems, implementing a better regimen is easy. The most important factor to observe is your footwear. Ideal support should include a firm heel counter, a wide enough toe box, a semi-rigid or rigid shank and a long vamp. Make sure your shoes hold onto the foot and not the other way around. By following these simple steps you can easily reduce your overall level of foot comfort and reduce the effects of other issues.



Getting Paid the Way You Want...

One of the many great benefits to traveling with TGhealthcare is our unique package customization. We understand that no two travelers are alike, which is why our recruiters take the time to break down every aspect of our package and tailor it to your lifestyle and needs. From how you travel to where you live, it's our goal and promise to make your transition from one assignment to another as seamless and effortless as possible.

You will always have the option of how you travel, whether it is in your own vehicle with our tax free stipend both directions or via TGhealthcare taking care of your flight to and from and a rental car while on assignment.

You will always have the option of how you live whether it is in the fully furnished private accommodations with utilities included researched and setup by our expert housing coordinator to meet your personal or family needs or our tax free stipend, broken up and paid weekly direct deposit along with your check.

You will always have the option of a tax advantage and how much in correlation with your hourly wage.

You will always have the option of the benefits you elect and who you include. With the large range of approved providers and our reasonable group plan rates there's an option that fits each individual need.

TGhealthcare promises these package options every time you travel with us, making the changes you need and helping you step-by-step along the way.

This Issue

Custom Travel Packages **P.1**

On Assignment **P.2**

Fighting Fatigue **P.3**

Hot Jobs **P.4**

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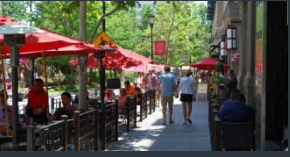
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On Assignment in... **San Jose,** **California** The Capital of Silicon Valley

San Jose, Spanish for Saint Joseph, is the third-largest city in California and the tenth-largest in the United States. The City is located at the southern end of the San Francisco Bay and is the most populated area in the region with nearly 7.5 million residents making it the sixth largest populated area in the U.S.

San Jose began as a Spanish farming community settled in 1777 to support military installations and served as the first capital after California gained statehood in 1850. After more than 150 years as an agricultural center, the city experienced an increase in demand for soldiers and veterans returning from WWII followed by an aggressive expansion during the 50's and 60's. By the 1990's San Jose's location within the booming local technology industry earned the city its nickname, *Capital of Silicon Valley*.

San Jose, like most of the Bay Area, has a Mediterranean climate and is surrounded on three sides by mountains, sheltering the city from rain and giving it 300 days of sun a year.

As the largest city in Silicon Valley,

San Jose is in proximity to numerous universities such as Berkley and Stanford which pump thousands of engineering and computer science graduates into the local economy each year.

Along with being ranked one of the safest cities in the country, San Jose was the first city to adopt a public art ordinance Art is an evolving attraction in the city from the downtown area to the neighborhoods, libraries and parks.

The City is home to many performing arts companies and hosts the annual Cinequest Film Festival which attracts over 60,000 attendees each year.

The only "Big Four" team to play in San Jose is the Sharks, which, on top of being widely popular in San Jose, are one of the top draws in the NHL.

Public transportation is prime in San Jose compliments of the Caltrain and ACE (commuter rail services for the Bay Area)

San Jose's featured cuisine is a melting pot of cultural fusion from the go-to Italian fare of Paolo's to the vegetarian friendly, authentic Chinese cuisine of Pagoda and the organic French flare of Le Papillon.

From South Bay wine tours to the over 200 golf courses in the bay area there is never a dull moment to spare in San Jose. On the third Friday of every month the San Jose Bike Party meets at 8pm for a bike through the city, changing the route monthly.



Nationally known for its museums, San Jose is home to the Tech Museum of

Innovation, San Jose Museum of Art and Institute of Contemporary Art. A 23-year-old public benefit, the San Jose Jazz Festival is dedicated to promoting music education.

From art and music to technology and food, San Jose has it all including travel positions at one of their numerous award winning hospitals. No matter what time of year, San Jose is a destination location that should be at the top of any traveler's list!



Fighting Fatigue

Busy summer schedules, stress and a lack of sleep can catch up with you. If you find yourself fatigued during the workday, consider these tips to help you stay more alert and energized.

Think about nutrition:

Healthy foods help to energize your body. Overeating and skipping meals will make you feel sluggish as your blood sugar crashes. And always start your day off with a nutritious breakfast.

Exercise regularly:

This will give you more energy throughout the day and will help you sleep better at night. Don't have time to get to the gym? A brisk 15- or 30-minute walk during your lunch break can help boost your energy level for the afternoon.

Hydrate, hydrate, hydrate

One of the main causes of daytime fatigue is dehydration. Drinking at least eight 8-ounce glasses of water throughout your day and limiting your caffeine to two servings a day will help boost your energy level.

Manage your stress levels.

Severe stress is exhausting, so try relaxation techniques such as meditation, listening to calming music, deep breathing, reading or attending a yoga class.

AUGUST RECIPES Kiwi and Mango

4 kiwis

1 cup mango

4 tablespoons chopped cilantro

3 tablespoons lime juice

2 teaspoons minced chilies

1 teaspoon of salt

Peel mango and kiwis, cut into eighths and then dice. Place diced fruit in a bowl and mix gently with other ingredients. Serves 4



GO GREEN TIP

Most pharmacies have a drug take-back program for expired prescriptions and medications to ensure they are disposed of properly and don't end up in our water supply and other resources we assume as clean. The dangers of dumping unused or expired medications into the general plumbing system are not well known. Many chemicals found in these drugs are not effectively removed from the water system at the treatment plant. Along with human waste, medications contribute to the level of drug traces found in municipal water supply, but dumping medication directly into the drain or toilet only exacerbates this problem.



Not Too Late To Save

The sooner you start saving for retirement, the easier it will be for you to live comfortably during your post-working years.

Did You Know...?

- You will need approximately 80 to 100 percent of your current income to maintain your lifestyle during retirement.
- Retirement can last for 30 years or more.
- Almost 1 in 3 retirees say they have no savings of any kind.
- The average amount paid monthly by the Social Security Administration in the form of benefit is only \$1,153.

If you put away as little as \$50 per month starting NOW, you can watch your savings grow:



TGhealthcare Photo Album

Do you have a great picture you took on an assignment? Email it to Hannah@tghealthcare.com along with a brief description to be featured in next month's newsletter. We would love to share your adventures with your peers!

HOT JOBS



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



CALIFORNIA
ER, ICU, PACU, OR



ARIZONA
ER, ICU, TELE



OKLAHOMA
PICU, OR



NEW MEXICO
ER, ICU, MS



ALASKA
ICU, OR, L&D



FLORIDA
ICU, TELE, CATH LAB



LOUISIANA
L&D, PACU, OR, MS



WISCONSIN
ICU, MS, PEDS, OR

"Name It" Location of the Month

The first person to correctly identify this place (name, city and state) and receive a \$50 American Express gift card
Email your guess to Hannah@tghealthcare.com



Follow us and Be Rewarded



Follow TGhealthcare1 on Twitter, then send us a message including your contact information and we will mail you a complimentary \$5 Starbucks gift card. Please include your current mailing address where you would like the gift card sent to.