

October 2019



## *A-1 Medical Staffing*

HEALTHCARE STAFFING PROFESSIONALS

### Your Monthly News & Updates

Check out our Reminders, Caregiver Attendance Contest, Highlights in October, Caregivers of the month, Service Anniversaries, October Birthdays, and so much more!

Visit Our Website

#### Friendly Reminders

- Time sheets area due Mondays by **10 am**. Please ensure they are sent in clear, black & white PDF's if taking a picture, and they are filled out in their entirety. One time sheet per customer.
- If you do not have an ID badge, contact your Recruiter as soon as possible.
- Please make sure your credentials are up to date. Call the office with any questions.
- Pay day will be delayed by one day on the week of October 14th due to Columbus Day. Pay day will be on Thursday, October 17th for that week.

#### Caregiver Attendance Contest

The winner of September's caregiver attendance contest is Patricia Gibson!! Congratulations and look for your gift card in the mail!

October's Caregiver Contest will still be based on Attendance. Keep up on attendance and you will be entered to win the gift card in next months Newsletter drawing!

#### Highlights in October

- Arthritis Day (11th)
- Fire Prevention Week (6th-12th)

- [Mental Illness Awareness Week \(6th-12th\)](#)
- [Breast Cancer Awareness Month](#)
- [Liver Awareness Month](#)
- [SIDS, Pregnancy & Infant Loss Awareness Month](#)

OCTOBER  
Breast  
cancer  
awareness  
month

Thank you!

### Caregivers of the Month

#### Clive

Congratulations to Melissa James, LPN, for winning caregiver of the month! Melissa has been with us for a short while but since has had perfect attendance and great reviews from facilities. Melissa has been a great asset to our team since day one and we appreciate her. Thank you for all you do!

#### Quad Cities

Amy Mink, L.P.N is our caregiver of the month. Amy has been on contract with a customer for a few months now. She has received great reviews from customers and patients that she visits. She always submits her time sheets on time, communicates any patient or scheduling issues with staff. She goes out of her way to make sure that patients are cared for and have exactly what they need. We are so lucky to have Amy on our team and really appreciate what she does for patients in the Quad Cities!

### Caregiver & Office Staff Service Anniversaries

We want to congratulate those who are celebrating their service anniversaries with A-1!

Congratulations to:

- Erika B. for 1 year
- Sarah D. for 1 year
- Krystal L. for 1 year
- Truc N. for 1 year
- Gina R. for 1 year
- Anntonette S. for 3 years
  
- Taylor C. for 1 year

Let's  
Celebrate

Thank you so much for all you do and being apart of our amazing A-1 team!

### October Birthdays:

Wishing everyone that has a birthday in October a very Happy Birthday!





Jess H.  
Kristina S.  
Hailey H.  
Betty S.  
Lydia M.  
Antonette Q.  
Sylvia R.  
Jameel M.  
Diane P.  
Debbie D.

Bruce P.  
Amy S.

## Congratulations!

Huge congratulations to Cheryl and Jaimie, from our Quad Cities and Clive offices, for earning their NAPS certification. Way to go, Cheryl and Jaimie!!

Both, Cheryl and Jaimie, have earned their CTS credential of the National Association of Personal Services (NAPS). This certification recognizes their knowledge of the laws governing employment transitions in the United States, adherence with the NAPS professional and ethical standards and the ongoing quest to engage in educational experiences that improve and extend their professional knowledge and skill set.



## 8 Steps for Surviving Flu Season at Work By Michael Galvan

You see a co-worker sniffle. The delivery man coughs as he hands you a package. Children with runny noses wipe their hands on their coats. Flu season is upon us. From October until mid-May, the flu virus is widespread in the northern hemisphere. The Centers for Disease Control and Prevention estimate that between 5-20% of United

States residents contract the infectious disease each year, and that more than 200,000 people are hospitalized.<sup>1</sup> You could be next.

So what can you do to avoid spreading the flu?

### 1. Get a flu shot.

A flu vaccine is the number one way to stop influenza. Each year, vaccines are specially tailored to include several of the most prominent strains of virus. A recent study showed that the flu vaccine reduced the risk of hospitalization in children and adults of all ages by more than 70%. The effectiveness of a given vaccine depends on several factors, but it is statically still the best way to avoid sickness from the flu.

### 2. Don't share drinks, food, or phones.

As children, we all learn about the importance of sharing--but flu season is the time to be selfish. Avoid touching objects used by somebody who appears to be sick. Don't share drinks, food, or use other people's phones.

### 3. Wash your hands regularly.

It's simple, but you'd be surprised how many people don't do it. Use water and soap to kill germs. It's an easy but effective way to help combat potential illness.

### 4. Keep things clean.

Door knobs, kitchen counter tops, keyboards, and faucets are prime offenders. Wash and disinfect these areas and other high-traffic surfaces.

### 5. Keep a healthful routine.

Get plenty of rest, eat nutritious foods, exercise, and drink water. Keeping yourself in

fighting shape is one of the best defenses against sickness. Managing stress will also help keep your immune system functioning at 100%.

**6. Cover your mouth and nose whenever you sneeze or cough.**

It can take several days after you are infected for symptoms to arise. Don't take any chances, be sure to cover your mouth and nose whenever you sneeze or cough. This can help prevent you from spreading the flu.

**7. Avoid crowds.**

Thinking about going out to eat at lunch? Maybe pick somewhere less crowded or bring your lunch to work during flu season. Whenever you mingle with the crowd, you increase your exposure to more germs through touching and sneezing in close contact with others. If you know you will be in meetings or group events, limit your proximity to others.

**8. Stay home if you get sick.**

If you do get sick, stay home. It's better to rest at home for a few days than infect all of your coworkers—and it'll help you feel better sooner, too.

Use these tips to help combat flu season at home and at the office. No one likes being sick, and by following these rules you can lower your risk for contracting the influenza virus and infecting others. Don't forget your flu shot!

## BONUS

Referral Bonus! Refer a Home Care Aide, Certified Nursing Assistant, Certified Medication Aide, Licensed Practical Nurse or Registered Nurse and earn \$100 total after they work their first 490 hours. Refer 3 employees and earn another \$200 bonus on top of that. Employees must still be an employee of **A-1 Medical Staffing** and be on assignment at the time of payment.

**A-1 Medical Staffing | Clive & Quad Cities | 1(800)365-8241**

