

Signature Healthcare

14225 University Ave. Suite 130, Waukee, Iowa 50263
(515)-252-0000 www.mysighealth.com

2017 FALL NEWSLETTER



Reminders

*Timecards are due on **MONDAYS** by 5:00PM!!!
So you can receive your paycheck on Friday!!!

*Check all of your credentials to make sure that you are up to date on licenses, physicals, TBs, CPR, etc...if you are close, get them scheduled! Time flies when you're having fun!!!

*Keep in mind that **FLU SHOT** season is approaching!
You will be able to get one here for \$25.00.

DO YOU HAVE ANY OF THE FOLLOWING?

Timecards?
515-252-0000

CALL US!!

We will send them
in the mail!

Hours?
515-252-0000

CALL US!!

You want 'em,
we got 'em!!

Questions?
515-252-0000

CALL US!!

We are friendly &
love to chat!

EMPLOYEES WITH FALL BIRTHDAYS

SEPTEMBER

Treasa T. Michelle W. Feves B.
Renee G. Norma G. Vicki C.
Chloe L. Deondra G. Jennifer S.
Arminda C. Patricia M. Jordan M.
Angie S.

OCTOBER

Dana P. Angela F.-W. Victoria B.
Anna H. Bridget C. Domonique S.
Cindy H. Dena R. Jennifer W.

NOVEMBER

Ashlyn D. Molly W. Katelyn S.
Jonnie T. Arnesha D. Sharika H.
William B. Scott T. Innocensia Y.
Gatwech G. Jennifer T. Ebrima J.
Hadil I. Kelvin D. Holly T.



What's Happing...

IN OUR CLASSROOM

CNA CLASS = Where Learning is FUN!

WE have the BEST instructors in Iowa! They are knowledgeable, patient and understanding.

Take a look in the window when you're here & see the classroom and what fun the students are having!

Each class spends 45 hours in the classroom & 30 hours in a nursing home completing their clinicals.

We also offer Advanced Classes, an additional 75 hours of training. This helps you prepare for employment in a hospital, and also, nursing and medical school.

Many of our classes fill up **QUICKLY**, so please call **SHEILA** if you or someone you know may be interested in nurse aide training.



OUR Success is ALWAYS Determined by YOUR Success!

IN STAFFING

The biggest need is for
NURSES, NURSES and more **NURSES...**

MS, ER, LTC & Psych Nurses for
DAYS & NIGHT.

School is back in session &
facilities are in need...**HELP!!!**

If you are scheduled to work a shift & are UNABLE to work that shift, PLEASE REMEMBER that we **REQUIRE** a **PHONE CALL**, 4-HOURS PRIOR TO THE BEGINNING OF THAT SHIFT. **We do NOT accept cancellations by TEXT MESSAGES or by EMAILS! PLEASE BE SURE TO CALL 515-252-0000, this number is answered 24/7. **





RECIPES

PUMPKIN BREAD

2 cups all-purpose flour, spooned into measuring cup and leveled off, plus more for greasing the pan

½ teaspoon salt

½ teaspoon baking powder

1 teaspoon baking soda

1 teaspoon ground cloves

1 teaspoon cinnamon

1 teaspoon ground nutmeg

2 cups sugar

1-1/2 sticks unsalted butter, softened, plus more for greasing the pan

2 large eggs

1 15-ounce can 100% pure pumpkin (Libby's)

Instructions:

Preheat oven to 325 degrees.

Generously grease 2 – 8 1/2" x 4 1/2" loaf pans with butter & dust with flour or use baking spray with flour

Combine flour, salt, baking powder & soda, & spices in a bowl; use a whisk to mix well & set aside

In large bowl use an electric mixer, at MEDIUM speed, beat butter & sugar until just blended. Add eggs one at a time, beating well after each one. Continue beating until very light & fluffy, a few minutes. Beat in pumpkin. The mixture might look grainy & curdled at this point—that's OK.

On LOW, add flour mixture until well combined.

Divide batter into pans & bake for 65-75 minutes, or until the cake tester comes out clean. Let loaves cool in pan 10 minutes then turn out onto wire racks to cool completely. If they stick, use a plastic knife to run round the edges of the pan to loosen them.

Makes your house smell AMAZING!!! ENJOY!!!



Easy Cheesy Chicken Bacon Dip

2 ½ LB – Boneless, Skinless Chicken Breasts

2 - Cream Cheese (8 oz.)

1 - Ranch Packet (Dry)

1 LB - Bacon Crumbles (pre-cooked)

2 C. - Shredded Cheddar Cheese

Eat dip with tortilla chips, crackers, as a sandwich or a wrap!

Place chicken in the crockpot (be sure to use a liner-for easy cleanup!) Lay cream cheese on top of chicken. Sprinkle dry Ranch over the cream cheese. Cook on High for 4-5 hours or Low for 6-8. Chicken should shred easily. Mix. Add pre-cooked bacon crumbles & shredded cheese. Mix. Leave on warm. Serve & ENJOY!!!

Are YOU ready for some FOOTBALL???

IOWA HAWKEYES

Hawkeye football is BACK!!! YEA!!! The Hawks start their season off against the Wyoming Cowboys! The Hawks are favored to win 38 – 22. They have many returning starters including Nathan Stanley, as starting Quarterback, beating out Tyler Wieggers, for the role. Watch out this year for the up & coming freshmen, especially, AJ Espensa!!



IOWA STATE CYCLONES

Cyclone Nation is definitely ready for some football!!! Cyclones start their season off against the UNI Panthers, who have beat the Cyclones, the last 2 out of 3 times they have played. Point spread for State win is minimal. It's been said that State has the best receivers they've ever had, with Allen Lazard leading the way. QB, Devon Moore is out with a torn ACL. Who will start QB?

FIRST GAME OF THE SEASON

Saturday, September 2

Iowa Hawkeyes VS. Wyoming Cowboys

11:00am

Iowa State Cyclones VS.

University of Northern Iowa Panthers

7:00pm

IOWA VS. IOWA STATE

Saturday, September 9 @ 11:00AM in Ames



FALL SAFETY

Fall is upon us! Here are a few Fall safety tips:

Service Your Furnace

Before the cold autumn and winter weather sets in, be sure to call your heating and cooling company to service your furnace. A specialist should inspect the furnace to make sure everything is in working order and that there aren't any leaks.



Clean up fall leaves

Keep your driveway and walkway clear of falling leaves. Wet leaves can create a hazard for pedestrians in the fall by making sidewalks slippery. Later in the season, snow may mix with leaves to increase the risk of falling. Homeowners should mulch or rake up fallen leaves and dispose of them according to local bylaws.



Change Smoke Alarm Batteries

Change the batteries in your smoke alarms and carbon monoxide detectors when you turn back your clocks for Daylight Saving Time. Make sure to check the alarms with the new batteries installed. Check and replace any home fire extinguishers that have expired.



Remember to set your clocks back 1 hour on Sunday, November 5th at 2:00AM!

Be Aware of Poor Visibility

Falling leaves, while beautiful, can obscure your vision, as can rain and fog. Shorter days are part of the fall season, making it more difficult to see children playing or people walking and riding bicycles. Be aware of limitations in your visibility, and slow down if you can't see well. Use your dimmed headlights in bad weather with decreased visibility. If possible, try not to be on the roads when it's hard to see.



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Here's what's going on in the Medical World...

The Flu Vaccine – Are you MYTH-informed?

It's that time of year again and flu season is fast approaching. The CDC recommends vaccination every year as the best method to reduce your risk and prevent seasonal flu.

1.) "The flu shot can cause the flu" (MYTH)

Fact: The flu shot cannot cause the flu. Some people will experience a little soreness or redness at the injection site and possibly a little achiness. Congratulations - you had an immune response! The virus in the vaccine is inactivated (dead), so you cannot get sick from it

2.) "Vaccine are not proven to prevent the flu" (MYTH)

Fact: Research shows if you get the flu vaccine, you are about 60% less likely to need treatment for the flu

3.) "I should wait to get vaccinated so I'm covered until the end of the season" (MYTH)

Fact: Get your flu vaccine as soon as possible. It takes your body approximately 2 weeks for antibodies to develop. Signature Healthcare will begin offering the vaccine in September. **Cost is \$25.00**

4.) "Healthy people do not need to get the flu vaccine" (MYTH)

Fact: Anyone can get sick from the flu, but adults 65 and older, children under 2 and people with chronic conditions are more likely to experience serious problems from the flu. Healthy people can easily pass the flu to others, so get your flu shot!