

# Signature Healthcare

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

## EMPLOYEES WITH WINTER BIRTHDAYS

### DECEMBER

Bonnie K., Angela R., Pam T.,  
 Janette P., Michael G., Josh C.,  
 Blair M., Chazares D., Jessica F.,  
 Leslie W., Brittney S-L., Todd K.,  
 Yordanos A., Mary H.

### JANUARY

Amal K., Marissa G.,  
 Cindy P., Susan M., Mark H.,  
 Mary B., Holly B., Kaylin B.,  
 Kim S., Monica G., Shelby H.,  
 Jocelyn H., Stacy F., Alice U.

### FEBRUARY

Jessica P., Jenna L., Kelly K.,  
 Joseph C., JoEllen S., Chancia P.,  
 Kristopher K., Joy W., Stormy S.,  
 Tyson W., Valerie C., Amanda K.  
 Chandeurne S.



## REMINDERS

Please be aware of weather & road conditions this winter. Allow yourself plenty of time to get to your destination so that you are NOT in a hurry! Keep a blanket, extra clothes, bottled water and other items that may come in handy, if your car stalls or you need to spend the night. Also, keep your phone charged up & bring your charger along, so you can contact help or family in case of an emergency.

## 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've got 'em!!!

**Questions?**  
 515-252-0000

CALL US!!!

We are friendly &  
 love to chat!!!

# WHAT'S HAPPENING...

## IN OUR CLASSROOM

As we all know, the healthcare industry is growing and needs quality medical professionals. A great place to start your healthcare career is right here at

**Signature Healthcare!**

Our 2018 Class schedule is complete and ready for enrollment! 45 hours will be lectures and labs in our classroom & 30 hours will be clinical time in a licensed nursing facility. We also offer the Advanced Class, which is an additional 75 hours of training. You can go to the FORMS section of our website to download a copy of the 2018 Class schedule for both classes.

We are also excited to announce that we just brought 3 more excellent instructors on board!

Janet, Angie & Jan! Welcome aboard ladies!

For more information about our classes, please contact **Sheila, Director of Admissions, at 515-252-0000.**



## OUR Success is ALWAYS Determined by YOUR Success!

### IN STAFFING

**NURSES, NURSES & MORE NURSES...**

**MS, ER, LTC & Psych-Day or Nights needed**

Holidays are approaching & facilities are in need!  
HELP make this holiday season a time to remember!  
We have need for an RN (days) & three CNAs  
(nights & two evenings) in the Waterloo area.

**Contact Deann, Staffing & Client Services,  
at 515-252-0000.**

**Please remember to turn timecards in by  
5pm on Mondays to get paid the  
following Friday!**

**You MUST CALL 4 HOURS PRIOR to the START  
of your shift, to let us know that you CANNOT make  
it to your shift. NO TEXTING or EMAILING!**





## Rice Krispie Caramel Marshmallow Balls

### Ingredients:

1 can sweetened condensed milk  
 1 (11 oz.) bag of Kraft Caramels  
 2 TBSP. Butter  
 ½ tsp. vanilla extract  
 1 (16 oz.) bag Large Marshmallows  
 7 cups Rice Krispies

### You will also need:

Wax Paper & Toothpicks

1. Place rice krispies in a shallow baking dish and set aside.
2. Over medium-low heat, melt butter, vanilla, sweetened condensed milk & caramels together while stirring constantly until smooth & creamy.
3. Stick a toothpick into the top of a marshmallow; carefully dip the marshmallow into the caramel.
4. Hold marshmallow above pan to allow any excess caramel to drip off the marshmallow. Roll the marshmallow in the rice krispies until completely coated.
5. Place the marshmallow on the wax paper to cool. Repeat this process with the remaining marshmallows.

**ENJOY!!!**



## Deann's Peanut Butter Cookies

2 Cups Peanut Butter  
 2 Cups Sugar  
 2 Eggs  
 2 tsp. Vanilla  
 2 tsp. Baking Soda

Mix all ingredients together.

Roll into ball form and place on cookie sheet.  
 Bake at 350 degrees for 7-8 minutes  
**YUMMY!!!**

# Lets do the “WAVE”!!!!!!!!!!!!!!!

**College Football’s COOLEST new tradition:  
Waving to the children in the U of I Stead Family Children’s Hospital**

At the end of EVERY 1<sup>st</sup> Quarter...

...played at Kinnick Stadium, all 70,000 plus fans stand and wave at the University of Iowa Stead Family Children’s Hospital!! This new tradition that started on September 2<sup>nd</sup>, has gained much attention from social media and fans across the nation!



The WAVE started with a suggestion sent in to Hawkeye Heaven, a popular Facebook page and has become one of the most touching scenes in college football. Fans, players and coaches from both teams all participate in this new tradition that hopefully spreads throughout the college football world.

On game days, the kids and their parents get to watch their Hawkeyes from the Press Box Café, their own little indoor tailgate. A giant TV is on one wall and synced to the video boards inside the stadium, and every inch of the field is visible from the windows!! Many athletes from every sport have been long time regulars visiting kids at the Hospital. The hospitals director has been quoted saying, “the athletes visits really do promote healing, and gives these kids hope, so much hope!”

Then, on October 7<sup>th</sup>, the Hawkeyes took the wave a step further. At halftime of the Iowa/Illinois game, The Iowa marching band spread out in the form of a giant hand, on the field, pointed towards the hospital and waved in unison to all the fans in the Press Box!! What a great scene!!



Hopefully  
this tradition  
will be  
around for a  
**VERY  
LONG,  
LONG,  
LONG  
TIME!!!**



# WINTER SAFETY TIPS

Working during winter feels more like survival of the fittest than an everyday challenge.

The risks are even tenfold for employees who have to work and drive outdoors.

Here are nine winter safety tips that should keep you safe during this trying season.

## BRING OUT THOSE HANDS

Hold it! Don't remove those gloves or mittens yet. I mean, just think twice before walking outside with your hands in your pockets. Why? Keeping your hands in your pockets increases the risk of you falling or completely losing your balance in case you slip while walking on ice or snow.

## MITTENS VS. GLOVES

Gloves sure look fashionable but donning mittens can actually save your life. With your fingers touching each other inside mittens, they generate more body heat than when they're inside gloves.

## WARM UP BEFORE SHOVELING

Before you get rid of all the snow and ice do some stretching exercises first. You can also march in place or walk for a couple of minutes. With your muscles all warm, not only will you work more efficiently, you also reduce the risk of injuring yourself.

## FORGET COFFEE AND CIGARETTES

Before shoveling or doing any strenuous work, avoid caffeine and nicotine. They increase your heart rate and may cause your blood vessels to constrict.

## ROCK SALT + KITTY LITTER = SAFER WALKWAYS

Have some rock salt and kitty litter on hand. Rock salt helps melt the ice on slippery surfaces. Kitty litter can act gives temporary traction.

## TIN CAN + MATCHES + CANDLE + PAPER CUP + SNOW = DRINKING WATER

Yes, you read the equation right. Before going on the road, you better prepare a tin can, candle, paper cup, and some matches. Should you get stuck in the middle of the road and run short on water, you can always melt some snow with the supplies above as part of your emergency kit.

## WARM UP BEFORE DRIVING OFF

While it pays to do some stretching exercises before delivering goods or driving to work, you should warm up your vehicle, too. This helps reduce the moisture condensation on the inside of your car windows. Remember, though, not to warm up your vehicle in a closed garage.

## SIX INCHES EQUALS DANGER

Be wary of floods. Be doubly cautious of running water that is 6 inches deep or more, or you run the risk of getting swept off your feet.

## REPORT THOSE DAMAGED LINES

And finally, after a winter storm, immediately report any downed power lines or broken gas lines in your area or workplace.





# Signature Healthcare

Stop into the office and check out the

## **SCRUB TOPS & PULL OVERS**

We are NOW selling! We have different sizes and colors. You can also have us embroider your name or discipline on it as well!

They are **SUPER CUTE** & would make **AWESOME CHRISTMAS GIFTS!**

## **MANDATORY!!!**

### **Dementia Training for Long Term Care Nurses & CNAs**

We are **NOW** offering the 8-Hour Dementia Training that the State of Iowa has now mandated.

This training will be available for our employees online or as a group setting.

If you are a  
**NURSE** or **CNA** &  
are currently working in a **Long Term Care facility**,

Please call the office at **515-252-0000** and we will get you the information for the online class or get you signed up for one of the group trainings.

**All 8 hours need to be completed before January 1, 2018!**