

QS NURSES - KANSAS QUARTERLY NEWSLETTER

Issue 085 1st Quarter

SPRING IS JUST AROUND THE CORNER!



The spring of the year is a favorite season for many people, and it is certainly easy to understand why this is so. The spring is when the earth comes back to life after a long cold winter, and it is in the spring when the first flowers begin to bloom and the green world begins to return after its winter slumber.

The power of spring and its regenerative effects are evidenced by the fact that every major religion includes a major holiday in the spring season. From Passover to Easter, it seems that every culture marks spring with a celebration of renewal and new life. It is easy to understand how in times past ancient cultures were overjoyed by the power of spring and the beauty of new life.

The spring is an important season for many hobbies, including of course gardening. For the gardener, the spring is one of the most pleasant times in the garden. The spring is the time when the bulbs that were carefully planted in the fall begin to grow and blossom, and the spring is when the first seedlings are carefully nestled in the garden. There is no doubt that the spring is one of the most beautiful, and most colorful, of all seasons for the gardener.

The spring is also a favorite time for home improvement projects that could not go forward while the weather was too cold. Whether it is a small project like installing new downspouts or a large project like building a new garage or storage shed, the spring is one of the best times to work at improving the value and livability of the home. In the spring, the weather is neither too hot nor too cold, and the homeowner has plenty of daylight in which to work. It is no wonder that the spring season is one of the busiest for home improvement stores and warehouses.

**"Spring shows what God can
do with a drab and dirty world."
-- Virgil A. Kraft**

For the outdoor sports enthusiast, there is nothing like the coming of the spring season. For the fisherman, the coming of spring means the first day of trout season. For the avid hiker, spring means that those favorite trails are no longer impassable due to snow, and for the horseback rider spring means being able to take a ride without first bundling up. And of course spring means the opening of baseball season, a joy for spectators and players alike.

Source: Mike Freeman

TOP 5 Springtime Activities

1. If the weather is still too chilly (blizzard of '09) start an indoor garden. Take some milk jugs, cut off the top and plant your flowers or vegetables in them. When the weather permits, replant them outdoors in your garden
2. Craft time! Make a simple bird feeder with the kids to enjoy the wildlife when the sun pops out! Another great idea is to make a wind chime.
3. Participate in a spring clean-up day in your local community. It's a great way to catch up with friends and family that you didn't see over Winter.
4. Bust out bicycles, spray some wd-40 on gears (since you probably haven't ridden in awhile), and go for a family ride around town.
5. Get to the park and brush up on your badminton or tennis skills. Make way Roger Federer!

Employee of the Month

One note of apologies here. We unknowingly omitted the employees of the month for July, August, and September of 2008. Rae Rafferty, Beverly Myers, and Monika Dover were the winners for those months. Thanks to you guys for being such outstanding employees and maintaining such a professional appearance every shift when representing your company! We hope that you will forgive us for our mistake.

We want to additionally praise and acknowledge the winners for the first few months of the year. QS is recognized as the highest quality and most professional agency in Western/Central Kansas and it is all because of you. When you show up for a shift, the facility knows they are getting the finest Nurses and Aides! Way to go guys, you truly are the best of the best!

January:

February:

March:

So once again, thank you all for working so hard. You are all very much appreciated. Keep up the great work!

Update from Facilities And Your Office Team

In our visits with the facilities that we provide staff to, they have had some complaints. We are very proud to say that QS employees were not involved in the following complaints.

- Wearing Sandals
- Wearing Capri's
- Tattoos Showing
- Wearing Nose or Tongue Piercings
- Talking on Cell Phones

We were very pleased to hear that QS employees are very professional, always dress appropriately and are not involved in these complaints.

Just a couple things we do want to stress though are being to work on time, if not early and signing out for breaks. If you are to work late, it throws off all the other departments' schedules. Please keep that in mind. A fun little quip that is good to live by is; "If you aren't early, you are late!" Regarding breaks, make sure that you sign in and out when receiving one. Even if you take a smoking break, please be aware that this little detail significantly adds to the integrity of QS staff.

Regarding us at the office, we have a couple requests. It makes our job run much smoother if we can get immediate call backs whenever we leave you a message. It may be extremely important, or just something that we need to pass onto you, but if you can be prompt on your callbacks, it would be much appreciated.

Also, since we stress the importance of flexibility when hiring on with us; short notice shifts are another topic in need of addressing. Facilities call us often with these requests and when we fill them, we gain a large advantage over other agencies. This also allows us to gain more open shift requests which in turn gives you more work! We would like you to think about taking more short notice shifts and when you do, you will be paid more. When we talk to you next, we may ask this of you, or you can take the initiative and tell us. Thanks everyone.

Anniversary Dates

Danae Anderson	3/2008
Cheryl Kraft	1/2005
Jennifer Cox	2/2007
Adelita Funderburg	1/2007
Margaret Jamison	2/2005
Marie Kohlhorst	2/2008
Joann Lips	3/2004
Mark Lyon	1/2008
Jessie Negron	2/2007
Janel Poe	2/2006
Elaine Robles	2/2005
Kelli Romesburg	1/2004
Laura Schmitt	2/2008
James Spurgin	1/2003
Tammy Toney	2/2004
Nisha Trevino	1/2006

We want to thank you all for being such great employees remaining so loyal and true to QS! Our thanks goes very deep and we strive to serve you day in and day out. Let us know if we can improve upon anything.



BIRTHDAY WISHES

Dawna Taylor	1/5
Merridy Heard	1/6
Jacob Higgins	1/7
Malorie Crawford	1/21
Sandy Blaylock	1/23
Amanda Stinemetz	1/24
Amy McDonald	2/11
Elaine Robles	2/15
Lisa Hicks	2/17
Shirley Cooper	2/19
Beverly Myers	2/23
Candace Douthit	3/1
Janet Cable	3/1
Nisha Trevino	3/7
Laura Schmitt	3/7

We want to apologize for the late birthday wishes, but nonetheless, we hope it was a special day!



*Easter is a time of love,
A time of death and pain undone,
So we may know the power of
The love that lives in everyone.
Each love we feel, unstained and free,
Redeems us--as with you and me.*

SAVING THE EASTER BUNNY

A man was blissfully driving along the highway, when he saw the Easter Bunny hopping across the middle of the road. He swerved to avoid hitting the Bunny, but unfortunately the rabbit jumped in front of his car and was hit. The basket of eggs went flying all over the place.

The driver, being a sensitive man as well as an animal lover, pulled over to the side of the road, and got out to see what had become of the Bunny carrying the basket. Much to his dismay, the colorful Bunny was dead. The driver felt guilty and began to cry.

A woman driving down the same highway saw the man crying on the side of the road and pulled over. She stepped out of her car and asked the man what was wrong.

"I feel terrible," he explained, "I accidentally hit the Easter Bunny and killed it. There may not be an Easter because of me. What should I do?"

The woman told the man not to worry. She knew exactly what to do. She went to her car trunk, and pulled out a spray can. She walked over to the limp, dead Bunny, and sprayed the entire contents of the can onto the little furry animal.

Miraculously the Easter Bunny came to back life, jumped up, picked up the spilled eggs and candy, waved its paw at the two humans and hopped on down the road. 50 yards away the Easter Bunny stopped, turned around, waved and hopped on down the road another 50 yards, turned, waved, hopped another 50 yards and waved again!

The man was astonished. He said to the woman, "What in heaven's name is in your spray can? What was it that you sprayed on the Easter Bunny?" The woman turned the can around so that the man could read the label. It said: "Hair spray. Restores life to dead hair. Adds permanent wave."

Health and Wellness

Hey Everyone! Kyle here again with your quarterly Health and Wellness tips. Last newsletter I gave you some pointers and tips on beginning an exercise regimen. If you aren't already in an exercise program, I encourage you to look into it!

This quarter, I want to educate you on body types and hormones. Have you ever tried to lose weight by following the old adage..."Eat Less, Exercise More?" While this has some validity, there is something of much more value. How does eating more and exercising less sound while still losing that stubborn weight?

I recently partnered up with a Doctor in Colorado Springs and we are working together on a revolutionary health and wellness plan for those struggling with weight loss. I am going to go over 4 different body types and what you need to do specifically for each type.

I'm sure you are familiar with bodily hormones right? Are you aware that there are hormones that trigger fat loss, and other hormones that trigger fat storage? There are 6 major hormones that induce weight loss and 3 hormones that keep that weight on you. Now, if you have all 6 fat burning hormones working for you BUT only 1 fat storing hormone working against you, long story short, you won't lose any weight! Kind of a bummer deal huh? I will show you how to get all the good hormones working and the bad ones stopped next quarter, but allow me to show you the different body types first. They are characterized into four types all dependent upon different gland (hormone) weaknesses.

- Ovary Shape
 - Cellulite hips, saddle bags and lower pouch. This is estrogen fat. It comes after giving birth, taking birth control pills and even taking HRT.
- Adrenal Shape
 - Pendulous, especially in a loose or drooping manner (pendulous is Latin for "hanging") This is from high

levels of cortisol triggering insulin. Insulin fat deposits around the vital organs.

- Thyroid Shape
 - Weight all over. This condition is result from decreased thyroid activity, characterized by swelling, especially in the hands and face, dryness of the hair and skin and sluggishness. This type of fat is really waste material which is incompletely broken down due to insufficient enzymes. Like a sponge, the body is holding waste
- Liver Shape
 - Protruding potbelly. This is edema, or the abnormal buildup of fluid in the abdominal cavity outside the intestines. It is not always fluid, it could also be fat.

This may not make a lot of sense to you now, but all people fall into one of these categories, overweight or not. My goal this newsletter is for you to see which body type you may be. If you want to correct some abnormalities there are a few things to take note of.

1. All body types are influenced by various hormones(good or bad)
2. Calories are less important than hormones
3. You **HAVE** to be healthy in order to lose weight. Not vice versa.
4. Environmental hormones and chemicals mimic your hormones
5. Glands need to be healed in order to lose weight
6. Incorrect exercise prevents fat burning.

If you would like to take a step further in educating yourself about your specific body type and how to correct it, contact me. I'm very excited about the prospects of this revolutionary health and

wellness plan because it **WORKS!** I can promise you this much.

Again, if you have any questions regarding anything that I have said or have not said, please send an email to me at kyle@qsnurses.com. After all, the only bad question is the one not asked! Good luck everyone!

MESSAGE FROM TERRY

Guess we are all settling into 2009. Here we are moving rapidly into spring already. Time goes so fast. As you can see and hear Kyle and I are coming over to the office more often now. I think we are a pain to Vicki and Lindi, but they put up with us. I answer the phone and can't answer your questions. Then when I staff, let's just say, until you have done it for hundreds of facilities and employees you have no idea how difficult it is. Now what I am doing may not be pretty, but I am working at it. Though it has been many many years since I have done all these things on a regular basis, I assure you I am enjoying it. Thanks for your **PATIENCE!!** Kyle does fine of course but he is a lot younger.

If you like, you should talk to Kyle about the fitness program. Christy and I have done it and she is down 24 pounds and I have lost 18 pounds. It really is a great system.

I am looking at different options for this year's appreciation bonus. I need your thoughts quickly. What do you think of items like big screen HDTVs (1080—high definition) DVD players, Blue Ray players, DVD movies, surround sound systems, or perhaps other items which you ladies would enjoy. Let me know. Call the office and relay your thoughts or email me at terry@qsnurses.com I want to hear your ideas.

Here's to each and every one of you and remember when you hear my voice on the phone, help me through it!!

You are the best.

Terry

