

QS NURSES - KANSAS

QUARTERLY NEWSLETTER

Issue 086 2nd Quarter

FEEL THAT SUMMER HEAT!

For me, summer is a time for family and friends. It's a time to bring together what was lost during the long winter days. Picnics, barbeques, lawn games, the lake, camping, all that eases the mind and allows for good times and great memories. I hope that you all will enjoy each and every day this season, make new friends and relive old friendships. Happy summer to you all!



TOP 5 Summer Activities

1. Round up the family and friends and have an old fashioned water balloon fight!
2. Grab the camping gear and head out to a state park for a weekend of fun.
3. Smores time! Grab some marshmallows, graham crackers and chocolate and have a hay day.
4. Find a local farmers market and grab the best fruits and veggies of the season.
5. Attend your local fair or take a weekend to see the state fair.

Employee of the Month

QS is recognized as the highest quality and most professional agency in Western/Central Kansas because of you. When you show up for a shift, the facility knows they are getting the finest Nurses and Aides! Way to go, you truly are the best of the best!

April: Congratulations to Sandy Blaylock! Sandy has been in the nursing industry for 38 years. Her favorite part of the job is being able to interact with the residents and hearing their life stories. She has 2 kids and 5 grandkids who she loves to spoil. Some of Sandy's favorite hobbies include fishing, crocheting, and painting ceramics. Thanks for everything Sandy!

May: Congratulations to Mike Horning! Mike is married and has 2 kids. Andrea is in college at University of Denver and he calls her "the career student!" His other daughter Amy is married and has 2 kids. Mike was a police officer in Colorado before coming into this industry. One of his favorite activities is his need for speed which his motorcycle provides just that! Thanks Mike for all you do.

June: Congratulations to Jason Hinman! Jason is married with 5 children. He enjoys working for QS because he gets to meet different people and see different ways that care is provided. Jason likes playing basketball and spending time with his family. His grandfather was the one that encouraged Jason to become a nurse, but at 17 Jason didn't think that was his calling. Once released from the Navy he realized his grandfather was right and became a nurse! Thanks Jason and keep up the great work.

So once again, thank you all for working so hard. You are all very much appreciated.

Update from Your Office Team

As you are probably all very aware, the economy is not boding well for any industry in the nation right now. QS has taken and continues to take everything into consideration as to how we will make the best of this season.

The facilities we have the privilege of serving have taken a huge hit as well. They have been forced to cut back on their own staff which in turn leaves us with not as many shifts to staff. Although this has taken place, they know that we are still the company with the strongest reputation and quality service. This allows us to gain any open shifts that they have. Again, you are the reason we have such a great reputation and deserve praise for that.

As of June 14th, we changed the pay schedule. We have done this with the best of intentions keeping you in mind and the facilities we serve. It is near impossible to please everyone when you change something of this magnitude. Please understand that this was done in order for us to keep you working as much as possible.

Just as everything does, change will happen. The economy will turn around, and will provide us with an influx of jobs. Please be patient as we tread through these tumultuous times together.

Anniversary Dates

Cheryl Parks	4/2008
Yvette Trahan-Horner	4/2008
Rae Rafferty	4/2008
Margaret Eller	4/2008
Connie Potts	4/2004
Amy McDonald	5/2008
Alice Hill	5/2008
Janet Cable	5/2008
Sarah Castle	5/2007

Jacob Higgins	5/2008
Candace Douthit	5/2007
Rhonda McLaughlin	6/2008
Bonnie Likes	6/2008
Cheryl Kraft	6/2007
Missie Shirley	6/2008
Merridy Heard	6/2007

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

Janel Poe	4/1
Stephanie Bryant	4/10
Adelita Funderburg	4/11
Sharron Baxter	4/11
Wendy Longfellow	4/19
Margaret Jamison	4/20
Danae Anderson	4/23
Marie Kohlhorst	4/24
Dawn Brannon	4/29
Tammera Kregger	5/2
Jean Sharp	5/14
Cherri Hall	5/20
Margaret Eller	5/29
Pamela Moreno	6/1
Rhonda McLaughlin	6/3
Tony Pacelli	6/4
Lisa Greer	6/8
Cheryl Kraft	6/8
Yvette Trahan-Horner	6/8
Bonnie Likes	6/17
Tiffany Anderson	6/21

A Kansas Story: Harvest Preparations

When I remember our wheat harvests, my heart begins to race and my anxiety level increases, and it is almost as if I am transported back to the annual event itself. Each year, as harvest neared, I remember watching the marvelous sky fill with its ominous thunderheads, being torn between the love of the storm, and the fear of a ripe field obliterated by large hail and massive winds. More often than not, however, Mother Nature spared at least most of the crop, and we prepared for what were the busiest weeks of the year.

Preparations began in earnest when Dad pulled the combine out of the machine shed for maintenance and to attach the header. Meanwhile, trucks were inspected for possible engine problems and then cleaned. My sisters and I often washed the windows of all of the trucks and the combine. Additionally, the "little" tractor had to be attached to the auger that would haul the grain up from the tarp-wrapped tire that served as the holding bin during the unloading procedure.

While these were very important tasks to be carefully attended as the pre-harvest jitters increased daily, there were equally necessary preparations made inside our ranch house situated on the top of a hill in the middle of the pasture. Mother worked incessantly preparing menus and buying food and assembling meals that could be prepared and frozen ahead of time. I remember her going to the grocery store in nearby Dodge City and filling to the brim at least two, or maybe three, grocery carts with items for harvest meals. I must admit, the weeks that we spent in harvest were when we ate the best all year long!

Harvest began when Dad, Granddad, and Alan (our family friend and helper) headed to the field with the combine and a gallon coffee can. While they started around the field, my Mother, sisters, and myself would keep within range of the "C.B." so that we could hear the results the Co-op delivered when they checked the small amount of wheat in the coffee can that had been raced to them by my Grandfather. If the wheat tested ripe, we were off and running and would maintain a schedule of at least twelve-, more often, fourteen-hour days for a two- to three-week span.

PROFESSIONAL GROWTH: FIVE TIPS FOR CLIMBING OUT OF A RUT

DO YOU EVER FEEL that you just can't get on with what you want or need to do during a typical workday? Do you find yourself speaking impatiently to patients, colleagues, and family? Are your thoughts populated with a lot of can'ts, won'ts, and don'ts?

Everything you've done spells success. You have a healthcare job that pays well and you have a supportive, loving family. Yet somehow, you're just not happy.

Sounds like you're in a rut. If your professional battery has run down, read on to learn five rut-busting strategies you can use to reenergize your career.

1. Give your attitude an adjustment. Attitude is a matter of choice. Sometimes all you need to renew your energy is to change your outlook. What type of mindset do you have at work? Do most of your conversations with colleagues involve talking about other people or complaining about problems at work? Remember this adage: small minds talk about people, mediocre minds talk about events, great minds talk about ideas.

Before you step through the door of your workplace tomorrow, stop and check your attitude. Are you thinking any "don't" thoughts? If so, stop. Change your "don't" thinking to "do" thinking, and provide a reason why. For example, instead of thinking "I don't want to be here today," think,

- * "I do want to be here today because I want to make a difference in my patients' lives."
- * "I do want to be here today because I need this experience to get to the next level of my career."
- * "I do want to be here today so I can repay my student loans."
- * "I do want to be here because I am being counted on."

Repeat these thoughts to yourself at least 3 times during the day. Through repetition, you'll create a permanent change in your attitude. But don't expect a 1-day miracle. The three ingredients needed for a new attitude to take root are practice, practice, and practice.

2. Set goals. The key to a fulfilling work life is to have a goal and focus on working toward it. Your goal needn't be lofty, but it should be realistic and attainable. Start with something simple, such as getting a compliment from at least one patient or family member for your caregiving. Have at least one clear goal that you focus on accomplishing each day. If you've been impatient, negative, and complaining at work, set a goal to cultivate patience, self-discipline, and kindness.

3. Take the lead to inspire teamwork. On any given shift, how often do your colleagues ask if you need help? How often do you offer to help your colleagues? The next time a colleague needs a hand, pitch in. Not only will you be helping, you'll be setting an example for others to emulate. Acts of kindness are contagious.

Similarly, if you see something in your unit that needs improvement, take the initiative to offer solutions in order to fix it and encourage teamwork by enlisting help from others who share your concerns.

4. Focus on the positive. To build a positive attitude, change your "I can't" attitude to one of "can do," "will do," and "glad to do." Elevate your vocabulary with words that reflect respect for yourself and others around you. Give earned compliments freely. Like acts of kindness, a positive attitude is contagious.

Seek opportunities to learn so you can become better at what you do, and continually remind yourself that you're confident and competent. Congratulate yourself on your accomplishments. Look for and use affirmations that encourage and motivate you to grow.

5. Be good to yourself. Get involved in something outside work that gives you joy. Find a new hobby or resurrect an old one. Sign up for a ballroom dancing class. Try yoga or tai chi. Enroll in a literature class at your local community college. Volunteer to help with a cause you feel passionate about. Join a local club that involves one of your interests—gardening, books, or a favorite sport.

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