

# QS NURSES KANSAS QUARTERLY NEWSLETTER

Issue 089 3rd Quarter



## FALL HAS ARRIVED!

As summer comes to a close, some of us may be anticipating and warmly welcoming this next season, but others are dreading it because that means winter is on the way! Well, don't lose heart. There are plenty of activities that can be enjoyed. Let's look at some which we like to call the top 5.

## TOP 5 Fall activities for the family!!

### 1. **Pumpkin Bowling**

Arrange a triangle of 10 empty plastic 1- or 2-liter bottles. Players take turns gently rolling a pumpkin into the pins, with three chances to knock them all down.

### 2. **Pumpkin Roll**

Determine a starting line and a finish line. Set 2 pumpkins on their sides at the start and have the racers line up behind them. At "Go," each pair of challengers uses sturdy brooms to propel the pumpkins over the finish line.

### 3. **Bobbing for Apples**

An easy fall favorite! Set up large containers filled with water and several apples. Children have to try to pick up an apple just by using their teeth. No hands allowed!

### 4. **Hay Ride**

Find a local farmer that has horses and a carriage. Take a spin around the farm or your town!

### 5. **Fall Hike**

Ask the chamber of commerce where a fun place around your area would be to take a family hike. Enjoy the good weather while it lasts!

## Employees of the Month

We would like to applaud 3 more excellent employees at QS. You are what sustains this company and makes us great. We are proud to call you part of our family. These 3 have had the most compliments from the facilities they staffed and deserve recognition. Look below to get more acquainted with your fellow nurse!

**July:** Congratulations Janet! Janet has been a nurse for 30 years and loves her occupation. Her favorite part is loving the patients. She tries her best to make things better and put them at ease. Janet has 5 sons and 10 grandkids. Im sure that those kiddos love grandma! Some of Janets hobbies include spending time with family, camping out in the wilderness and woodworking. Look out Janet, I may have some projects lined up for you! Her favorite things about working with QS are the people she is associated with and the staffing coordinators are eager to get her assignments that she enjoys doing. Thanks for everything you do Janet, you are very much appreciated and we will keep working hard for you.

**August:** Congratulations Jake! Jake was born and raised in Kansas. He is from a small town called Kismet in the southwestern corner of the state. He has been married for 5 years now and has been in the healthcare industry for 5 years now. His favorite part of the job is being able to go to new places around the state all while meeting new people. You are a great addition to QS Jake, keep up the great work!

**September:** Congratulations Amy! Amy is married to a farmer/rancher and has 2 kids; an 8 year old boy and a 3 year old girl. Im sure your hands are very full outside of being a nurse Amy! She has been a nurse for 14 years and her favorite part is the human element of the job. Amy enjoys reading and is a health nut. She loves exercising and keeping herself in shape. Amy's favorite part about working with QS is the professionalism of the staff. "They do what they say they will do," as she puts it. She also appreciates the heart of the company and having a generous attitude towards her. Thank you for the compliments Amy and we will continue to do our best for you!

In observance of what these three have accomplished, we want to thank you all personally for being attentive and prompt in returning our phone calls. Especially now in this economic climate, the importance of responding to our clients on a timely basis is critical. They put ever more trust with short notice in us being able to staff their shifts; and if they cannot they will call another agency! So once again, thank you all for working so hard and being considerate to the needs as a whole. Kudos to you and our sincere appreciation.

## How to Deal with Stress at Work

### Start Your Day off Right

After scrambling to get the kids fed and off to school, dodging traffic and combating road rage, and gulping down coffee in lieu of something healthy, many people come in already stressed, and more *reactive* to stress at work. In fact, you may be surprised by how much more reactive [delete-to stress] you are when you have a stressful morning. If you start off the day with good nutrition, proper planning, and a positive attitude, you may find the stress of the workplace rolling off your back more easily.

### Be Clear on Requirements

One of the factors that contribute to stress while you are assisting in a temporary job day to day is unclear requirements. If you don't know exactly what's expected of you, or if the requirements keep changing with little notice, you may find yourself much more stressed than necessary. If you find yourself falling into the trap of never knowing if what you're doing is enough, it may help to have a talk with your supervisor and go over expectations, and strategies for meeting them. This can relieve stress for both of you!

### Stay Away From Conflict

Because interpersonal conflict takes a toll on perceived value to a facility, and more importantly physical and emotional health, it is sometimes difficult to escape. However when you know this it's a good idea to be very intentional to avoid it as much as possible. That means don't gossip, don't share too many of your personal opinions about religion and politics, perhaps some of the facilities procedures, and try to steer clear of colorful office humor. Try to avoid those people at work who you recognize as conflicting. However, don't avoid them where it isn't work related. If conflict finds you anyway, try these conflict resolution strategies.

### Stay Organized

Even if you're a naturally disorganized person, working on planning ahead to stay organized can greatly decrease stress at work. Being organized with your time means less rushing in the morning to avoid being late and rushing to get out at the

end of the day. Keeping yourself organized means avoiding the negative effects of clutter and being more efficient with your work.

### Be Comfortable

Another surprising stressor at work is physical discomfort. You may not notice the stress you experience when you're in an uncomfortable chair for a few minutes. But if you practically live in that chair when you're at work, you can have a sore back and be more reactive to stress because of it. Even small things like ambient noise can be distracting and cause low-grade frustration. Do what you can to ensure that you're maintaining your concept of a quiet, comfortable and soothing workspace.

### Forget Multitasking

Multitasking was once heralded as a fantastic way to maximize one's time and get more done in a day. Then people started realizing that when they had a phone in their ear and were making calculations at the same time, their speed and accuracy (not to mention sanity) suffered. There is a certain kind of frazzled feeling that comes from splitting one's focus that doesn't work well for most people.

### Walk at Lunch

Many people are feeling ill effects from leading a sedentary lifestyle. One way you can combat that, and manage stress at work at the same time, is to get some exercise during your lunch break and perhaps take short exercise breaks throughout the day. This can help you blow off steam, lift your mood, and get into better shape.

### Keep Perfectionism in Check

Being a high achiever can help you feel good about yourself and excel at work. Being a perfectionist, on the other hand, can drive you and the people around you a little nuts. Especially in busy, fast-paced environments, you may not be able to do everything perfectly. But striving to just do your best and then congratulating yourself on the effort is a good strategy. Your results will actually be better (perfectionists tend to stress about little mistakes and sometimes drop the ball because they can't do things well enough), and you'll be much less stressed at work.

### Listen to Music on the Drive Home

Listening to music brings many benefits, and can offer an effective way to relieve stress after work. Combating the stress of a long day at work with your favorite calming music on the drive home can make you less stressed when you get home, and more prepared to interact with the people in your life.



## BIRTHDAY WISHES

Brooksy Lewis	July 10 <sup>th</sup>
Kellie Romesburg	July 10 <sup>th</sup>
Tara Ballentine	July 13 <sup>th</sup>
Tammy Toney	July 15 <sup>th</sup>
Amanda Armenta	July 23 <sup>rd</sup>
Sonia Banuelos	July 25 <sup>th</sup>
JoAnn Lips	Aug. 7 <sup>th</sup>
Rhonda Rafferty	Aug. 8 <sup>th</sup>
Mary Lightfoot	Aug. 9 <sup>th</sup>
Melinda Leed	Aug. 24 <sup>th</sup>
Sheryl Cloutman	Sept. 6 <sup>th</sup>
James Spurgin	Sept. 22 <sup>nd</sup>
Sarah Castle	Sept. 24 <sup>th</sup>
Edythe Koerber	Sept. 24 <sup>th</sup>
Jennifer Garcia	Sept. 28 <sup>th</sup>

We hope your birthday was a special one!

## Tid Bits

### Health and Fitness

The term exercise can well up many different emotions in a person. Some get feel good emotions but most of us tend to think of it as a chore. Here are some tips for you on keeping the motivations when starting or maintaining your workout routine.

#### **Exercise Motivation Tip No. 1: Be Realistic**

One of the biggest reasons for failure is that first-time exercisers often set unrealistic goals.

“They want to go for maximal goals, but they tend to get overwhelmed,” says Gerald Endress, fitness director of the Duke Diet and Fitness Center in Durham, N.C.

Don't start off trying to work out an hour every day. Instead, begin with 20-30 minutes of your chosen exercise two to three times a week.

#### **Exercise Motivation Tip No. 2: Keep Track of Your Progress**

Don't forget to chart your progress, whether it's with a high-tech online tracker or an old-fashioned fitness journal. Seeing incremental improvements, whether it's in improved time, increased reps, or greater frequency of workouts, can boost your exercise motivation.

“I need to see the value,” says Jay Aronson, a professor of management information systems at the University of Georgia who cycles every day for at least an hour. For his part, Aronson *has* seen the value of exercise -- he lost 75 pounds over two years.

#### **Exercise Motivation Tip No. 3: Don't Expect Perfection**

Another pitfall is all-or-nothing thinking, a perfectionist way of looking at life that leads to giving up when you miss a day or two or your workout doesn't go well. If you accept going in that there will be some sidesteps on your fitness journey, you'll be better mentally prepared to deal with setbacks,

Expect that you'll get sick from time to time, and be psychologically prepared to miss a few days of exercise when that happens. Don't let it be an excuse for giving up.

To keep injuries from sidelining you, do your best to prevent them by warming up, cooling down, stretching properly -- and not doing too much too soon.

#### **Exercise Motivation Tip No. 4: Don't Compare Yourself to Others**

We've all seen them, those toned, fatless specimens who strut through the gym in their Barbie-sized shorts and sports bras.

Don't compare yourself to them, Endress says. Forget about them. Forgive them. But do not let them deter you from *your* goal.

#### **Exercise Motivation Tip No. 5: Get Athletic Support**

This isn't about garments but about spouses, girlfriends, boyfriends, buddies -- anyone who will encourage you. And if their encouragement goes beyond the “atta-boy” or “atta-girl” approach, gently remind them that you don't need nagging.

“The person should be in support, but not say, 'Oh, why not?' or 'Why can't you? It's so easy,'" says Sottovia.

If you need additional help, hire a trainer, she advises.

### **Exercise Motivation Tip No. 6: Find the Fun In It**

It's essential to find an activity you like, say both Sottovia and Endress, and no, they don't mean sitting on the couch. With an explosion in the number and types of fitness classes at most gyms, it has become easier to find something to appeal to you, from aerobics to Zumba.

If you're not the gym type, walk around your neighborhood or try activities around the house, such as walking up and down stairs or dancing with the stars in your living room. If you're motivated by being social, follow Geiger's lead and join a team.

### **Exercise Motivation Tip No. 7: Break It Up**

You can make it easier on yourself by splitting your exercise session into two or three sessions, says Endress. Research supports the idea that this can be as beneficial as one long workout, he says.

So if you don't feel like exercising for an hour on any given day, do three sessions of 20 minutes each, for example.

### **Exercise Motivation Tip No. 8: Make It Convenient**

Do whatever you can to remove obstacles to exercise, and make it as convenient as possible, says Sottovia.

So if you are time-pressed, for example, don't spend time driving to a gym; try exercising at home to fitness DVDs instead. If you're too tired to work out at the end of the day, set your alarm a little earlier and exercise in the morning.

### **Exercise Motivation Tip No. 9: Forget the Past**

Don't let previous bad experiences with exercise hinder you, Sottovia says.

So maybe you weren't the most athletic kid in high school, and were the last chosen for class games. That was years ago. Your goal now is not to win a letter jacket or make the cheerleading squad -- you want to exercise to stay healthy and enjoy your life.

### **Exercise Motivation Tip No. 10: Reward Yourself**

Endress recommends rewarding yourself for making the effort to exercise -- not with a piece of chocolate cake, but with something that you enjoy, like a movie or flowers.

Try to think of treats that will reinforce a mind-body connection so you can savor the rewards of your hard work.

Plan a short trip, or just an hour in a botanical garden. Go to a ballgame. And remind yourself with each precious moment that you are enjoying this time because of all the great things you have been doing for yourself.

By Virginia Anderson

## *Heart of a Nurse*

Nurses are compassionate and caring,  
With love in their hearts for all.  
Forever extending a heart of mercy,  
Always there when there is call.  
Endless hours they stand on their feet,  
Wondering did I do my best  
To help this patient get through this  
illness,  
Ease their pain so they can rest.  
In their hearts you hear God's whisper;  
through a nurse he sends his love.  
Ever sensitive, kind and caring,  
Souls as pure as a snow white dove.  
Angel yes, she tends to be,  
For her presence comforts me.  
Concern for the sick shows on her face,  
Her gentle touch, my fears erase.

Copyright © Pauline Hamblin

### **ANNIVERSARY DATES**

Phyllis Kaiser (CMA)	7/2004
Brooksy Lewis (RN)	7/2006
Monika Dover (CMA)	7/2008
Sandra Blaylock (CMA)	8/2004
Tara Ballentine (CNA)	8/2008
Erik Thielenhaus (CMA)	8/2008
Malorie Crawford (CNA)	8/2007
Sondra Patton (RN)	8/2004
Wendy Longfellow (CNA)	9/2007
Edythe Koerber (RN)	9/2008

Katherine Miller (LPN)  
Beverly Myers (RN)

9/2005  
9/2007

Congratulations!!! Keep up the good work and we will continue to work hard for you and your needs as well.

## Slow Cooker Cranberry Pork Loin

### Ingredients

- 1 (16 ounce) can cranberry sauce
- 1/3 cup French salad dressing
- 1 onion, sliced
- 1 (3 pound) boneless pork loin roast

### Directions

1. In a medium bowl, stir together the cranberry sauce, salad dressing, and onion. Place pork in a slow cooker, and cover with the sauce mixture.
2. Cover, and cook on High for 4 hours, or on Low for 8 hours. Pork is done when the internal temperature has reached 160 degrees F (70 degrees C).

## DOUBLE LAYER Pumpkin Cheesecake

The guests you have over during the holidays will love this recipe, give it a try!

### Ingredients

- 2 (8 ounce) packages cream cheese, softened
- 1/2 cup white sugar
- 1/2 teaspoon vanilla extract
- 2 eggs
- 1 (9 inch) prepared graham cracker crust
- 1/2 cup pumpkin puree
- 1/2 teaspoon ground cinnamon
- 1 pinch ground cloves
- 1 pinch ground nutmeg
- 1/2 cup frozen whipped topping, thawed

### Directions

1. Preheat oven to 325 degrees F (165 degrees C).
  2. In a large bowl, combine cream cheese, sugar and vanilla. Beat until smooth. Blend in eggs one at a time. Remove 1 cup of batter and spread into bottom of crust; set aside.
  3. Add pumpkin, cinnamon, cloves and nutmeg to the remaining batter and stir gently until well blended. Carefully spread over the batter in the crust.
  4. Bake in preheated oven for 35 to 40 minutes, or until center is almost set. Allow to cool, then refrigerate for 3 hours or overnight. Cover with whipped topping before serving.
-