

QS NURSES - KANSAS

QUARTERLY NEWSLETTER

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SPRING IS JUST AROUND THE CORNER!

"Spring shows what God can
do with a drab and dirty world."

-- Virgil A. Kraft

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.

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

Here is a chance for us to congratulate 3 more outstanding members of the QS family! Qualities that are inherent to this industry are displayed everyday by you and we want to thank you for going above and beyond the call of duty. These employees have had the most compliments from the facilities they staffed and deserve recognition. Look below to get more acquainted with your fellow nurse!

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

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.

One thing we do want to stress though is being to work on time, if not early. 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!" 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!



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 gives you some great first tips to help you along! 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!

The 10 Qualities of a Great Nurse

1. Communication Skills

A great nurse has excellent communication skills that include speaking and listening. They are able to follow directions without problem and can easily communicate with patients and families to understand their needs and explain treatments.

2. Emotional Stability

A great nurse is very stable emotionally. Nursing is a stressful job and nurses encounter many traumatic situations, suffering, and death. A great nurse is one who is able to work without allowing the stress to cause great personal harm.

3. Empathy

Great nurses have empathy for the pain and suffering of patients. They are able to feel compassion and provide comfort.

4. Flexibility

A great nurse is flexible with regards to working hours and responsibilities. Nurses are often required to work long periods of overtime, late or overnight shifts, and weekends.

5. Good Attention to Detail

A great nurse understands that every step in the medical field is one that can have far-reaching consequences. A great nurse pays excellent attention to detail and is careful not to skip steps or make errors.

6. Interpersonal Skills

A great nurse has excellent interpersonal skills and works well in a variety of situations with different people. They work well with other nurses, doctors, and other members of a staff.

7. Physical Endurance

A great nurse has strong physical endurance and is able to tolerate standing for long periods of time, lifting heavy objects (or people), and performing a number of taxing maneuvers on a daily basis.

8. Problem Solving Skills

A great nurse can think quickly and address problems as they arise.

9. Quick Response

A great nurse can respond quickly to emergencies and other situations that arise. Quite often, healthcare work is simply the response to sudden incidences, and nurses must always be prepared.

10. Respect

Great nurses respect people and rules. They are mindful of confidentiality requirements and different cultures and traditions. And they respect the wishes of the patient.

Phenomenal Work!

QS Nurses would like to publically congratulate 3 outstanding employees for their coordinated effort at a facility on October 15th. James Spurgin, Monika Dover, and Sam Saikia worked as a team when a small electrical fire broke out. "They all went into action, were professional and in control" said Gary, the DON. He later stated, "When I left for home, I knew that the facility was in good hands with my staff and them there."

This is another example of what makes QS stand apart from the rest! When we work together as a team, and put others needs in front of ours, great things happen. Thank you James, Monika, and Sam for your stupendous work!

ANNIVERSARY DATES

Sonia Banuelos	Oct. 4 th – 4 years
Sharron Baxter	Oct. 5 th – 3 years
Tara Barnett	Oct. 6 th – 2 years
Dana Hickey	Oct. 6 th – 2 years
Ada Briggs	Nov. 3 rd – 5 years
Jean Sharp	Nov. 6 th – 2 years
Amanda Breese	Dec. 6 th – 2 years
Licia Spencer	Dec. 7 th – 1 year

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

To All The Kids Who Survived The 30's - 70's

First, we survived being born to mothers who smoked and/or drank while they carried us.

They took aspirin, ate blue cheese dressing and didn't get tested for diabetes.

Then after that trauma, our baby cribs were covered with bright colored lead-based paints.

We had no childproof lids on medicine bottles, doors or cabinets and when we rode our bikes, we had no helmets, not to mention, the risks we took hitchhiking.

As children, we would ride in cars with no seat belts or air bags.

Riding in the back of a pick up on a warm day was always a special treat.

We drank water from the garden hose and *not* from a bottle.

We shared one soft drink with four friends, from one bottle and NO ONE actually died from this.

We ate cupcakes, bread and butter and drank soda pop with sugar in it, but we weren't overweight because *we were always outside playing.*

We would leave home in the morning and play all day, as long as we were back when the streetlights came on.

No one was able to reach us all day. And we were O.K.

We would spend hours building our go-carts out of scraps and then ride down the hill, only to find out we forgot the brakes. After running into the bushes a few times, we learned to solve the problem.

We did not have Playstations, Nintendo's, X-boxes, no video games at all, no 99 channels on cable, no video tape movies, no surround sound, no cell phones, no personal computers, no Internet or Internet chat rooms...*we had friends* and we went outside and found them!

We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents.

Continue...

We made up games with sticks and tennis balls and ate worms and although we were told it would happen, we did not put out very many eyes, nor did the worms live in us forever.

We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just walked in and talked to them!

Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Imagine that!!

The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law!

This generation has produced some of the best risk-takers, problem solvers and inventors ever!

The past 50 years have been an explosion of innovation and new ideas.

We had freedom, failure, success and responsibility, and we learned *how to deal with it all!*

MESSAGE FROM TERRY

Merry Christmas to each of you. What a glorious time of year. It is a time to be thankful. Sometimes we need to dig deep to acknowledge this and set aside some situations and /or circumstances which can affect our thankfulness and appreciation. This is the season of faith and hope. It is the time to renew our commitment to the best in each of us. God bless each of you this holiday season.

Parting thought;

Thank you for all you have done this year for yourselves, the patients you served and QS Nurses. We are pleased to extend a very large Appreciation bonus to you. We have also provided you another gift. We hope you enjoy it as much as we did in selecting it. If you have any questions on how to view everything available to you, do not hesitate to contact myself or Kyle.

Thank you so much for 2008 and we are already focused on you for 2009. Take a moment to thank Lindi, Vicki, Anita, Eric, Kyle, Tim, Shelly, and Christy for all their work to serve you.

Personally, I thank each and everyone of you and my thanks is never enough, but my prayer is that perhaps you can feel my heart towards you.

Terry