

Supplemental Health Care SM

STAFFING SPECIALISTS

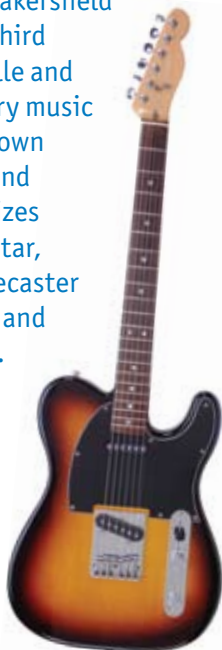
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Travel to Bakersfield to Experience a Country Legend

Bakersfield has a variety of museums and hands on learning activities but the standout is the living history of the Buck Owens' Crystal Palace. The Crystal Palace houses a museum to country music but is a respected music venue in its own right. It hosts new recording artists as well as established country stars not to mention the regular performances of the Buckaroos.

With the Crystal Palace as the flagship, Bakersfield is considered third only to Nashville and Texas in country music fame and is known for its own sound which emphasizes pedal steel guitar, the Fender Telecaster electric guitar and intense vocals.

We have reports that the food is good as well!



10 Tips for a Happy Traveling Holiday

Holiday cheer may not really come down your chimney but here are a few steps you can take to have a happy traveling holiday.

- Volunteer in the town you are visiting. Helping others gives a boost to your own spirit, and is a good way to meet new people and build new friendships. You could help with a canned food drive, a Secret Santa or a soup kitchen.
- Spend time outside and exercising. In the Northern Hemisphere, daylight is in short supply around the holidays. Go outside during your breaks or off time. Invest in a nice warm jacket if need be and go for a walk, a hike or a ski.
- Invite a few coworkers out for hot chocolate or mulled wine early in the holiday period. This gives them a chance to include you in their holiday festivities.
- Look out for a church or community singing group who is gathering members for caroling. The practices are almost as fun as the final event.
- Take a scuba diving course, an avalanche course, even a cooking class or some other unexpected class. Give yourself a chance to learn something new.
- Recreate a family tradition. Cook a traditional meal or take a friend out to cut down a holiday tree and then help with decorating.
- Reach out with a phone call to an old friend or family member. Join Facebook or make a video call with Skype.
- Get involved in events and activities at the facility. Help organize a holiday or New Year's party or a charity event.

Recreate a family tradition. Cook a traditional meal or ...

Remember that the opportunity to give gifts is often much more fun than receiving gifts. Enjoy the chance to give your time or effort to friends and strangers.



Call us today

1.800.224.3037

Traveler Profile

Janet Matson goes to Bakersfield

We spoke to Janet Matson about her experiences as a traveling RN. She is starting her 3rd assignment at San Joaquin Community Hospital in Bakersfield, California and this is her 4th assignment with Supplemental Health Care. She travels with her bird and cat and has just set up an apartment with her daughter who also lives and works in Bakersfield.

Janet feels that traveling has been like a working vacation with the opportunity to explore diversity. She is a self styled 'farm girl' from Indiana who has lived a long time on a farm in Amish country. She loves animals and keeps her own aviary with 70 birds as well as horses and cats. Her sister and sister's family are living at her farm now and taking care of everything there.

Janet feels that traveling has been like a working vacation with the opportunity to explore diversity.

She said that Bakersfield has been a very new experience for her. On the farm, she was used to being surrounded by a simpler lifestyle, but in Bakersfield

there is a wide diversity of people and food. She said that the available local fresh fruit and nuts are wonderful both in flavor and variety.

Janet has found that there has been a lot to do in Bakersfield with regular street fairs as well as facility sponsored events. She said that the people at San Joaquin try hard to please and include her in all the activities including a free breakfast and a Christmas party.

She said that part of the reason she has signed up for a third assignment in the same place is that she has had no problems with the facility. She said that she even felt confident that if she had a problem, that the people at San Joaquin would try to work out a good solution.

Beyond just her experiences with the facility, Janet described a trip that she took up to a cabin in the mountains nearby in the Sequoia National Forest. Her other daughter and family flew in and they all went up for a weekend. One of the real differences she noticed on the trip was the free range rules that

allow cattle to freely cross the roads unlike Indiana. She said they very much enjoyed the trip and that at one point they saw twenty one does near the road. They stayed near an old mine and collected raw gannets. Her daughter collected so many rocks that her luggage was overweight for the flight home.

Janet said she has enjoyed the local cultural life as well. She described going out to Buck Owens' Crystal Palace for music and even had her picture taken with the statue of Alvis (Buck Owens)

there.

Janet travels with her African gray parrot and one cat. The parrot's name is "Bopper" and he likes old time rock and roll music. Bopper is very chatty and teases her cat saying, "Here kitty, kitty," and, "Alert! Alert! Puddy cat alert!" She said that the parrot often sends her to bed with, "Good night, sweetest heart."

Thank you, Janet for sharing your experiences in Bakersfield. We wish you a happy holiday with your daughter, your cat and Bopper.



Janet's parrot, "Bopper"

Pfeffernuesse *My Grandmother's Holiday Cookies*

Beat until creamed:
1/4 cup butter (1 stick)
1/3 cup maple sugar
1/3 cup molasses
1/4 cup white sugar

In a separate bowl mix:
2 1/4 cup flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1/4 nutmeg
1/4 teaspoon cloves
1/4 teaspoon ground anise seed
Pinch of ground cardamom

Blend well. Stir in 1 cup ground almonds. Cover with plastic and refrigerate until chilled. Roll into balls about one inch in diameter or 2 tablespoons. Bake at 350 for 7 or 8 minutes until bottoms are golden brown. Remove, place on rack and cool. Roll in powder sugar.



Call Us today
1.800.605.4978

The best way to find yourself is to lose yourself in the service of others.
- Mohandas K. Gandhi

Top Ten Holiday Movies

This is the perfect time of year to curl up on the couch with one of these holiday favorites:

Elf PG - This soon to be classic from Will Ferrell tells the tale of a baby boy accidentally transported to the North Pole and raised as toy making elf. As a grown up misfit, he returns to New York looking for his father.

When Harry Met Sally R - Billy Crystal and Meg Ryan play best friends through many classic comedy riffs and it all comes to a head on New Year's Eve.

Dr Suess' When the Grinch Stole Christmas G - Go straight for the 1966 animated version. The village of Whoville embodies the spirit of the season and has a bit of fun along the way.

A Christmas Story PG - A nostalgic view of the holidays in 1940s Indiana. Peter Billingsly is the 9 year who pulls out all the stops in his quest for a Red Ryder BB Gun.

About a Boy PG-13 - Hugh Grant plays the irresponsible heir of a catchy Christmas jingle fortune who becomes an unlikely friend to a troubled 12 year old and they help each other grow up. A classic holiday date movie.

The Polar Express G - A warm animated story in which a boy travels to the north pole and finds faith in others and himself.

Bridget Jones Diary R - Renee Zellweger shows us how keeping a diary turns out to be the ultimate New Year's resolution.

Surviving Christmas PG-13 - What happens when you really need to go home for Christmas but you don't know the people who live in your childhood home? Ben Afflec must convince the family of James Gandolfini to humor him.

Sleepless in Seattle PG - Tom Hanks and Meg Ryan While driving to her future in-laws' house for Christmas, Meg Ryan starts to realize that she may want something more than her current beau. Tom Hanks ends up on the radio revealing his broken heart on the same night. Romance and comedy ensues.

It's a Wonderful Life UR - Jimmy Stewart and Donna Reed. What holiday list could be complete without the James Stewart masterpiece from 1946? When a guardian angel intervenes, we learn some of what it means to give to others.



"Since I started working, I've referred four friends and every month I get a check between \$400 and \$500."

Give Yourself a Raise

At Supplemental Health Care, we'd like to "thank you" every month for sending your friends and co-workers our way. It's our Helping Hands referral program, and an easy way for our employees to get a monthly bonus.

How does it work? For every hour that your referred nurse or therapist works, you get \$1.00.

Doesn't sound like much? If your friend works 36 hours each week for four weeks, you'll get a check for \$108 dollars for the month. If they work all year, you'll bank over \$1,200!

There's no limit to the number of people you can refer and no end in sight—as long as you and your friend are both active with us, your checks will keep rolling in.

To learn more please visit

www.supplementalhealthcare.com/helpinghands



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Helping Hands

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Hot Jobs

- **San Joaquin, California- RN - ICU.** Spend the winter in sunny Southern California. Completion bonus of \$3,000 with the opportunity for an extension. Candidates need a minimum of 2 years ICU experience. Must be able to float in ER, Tele and/or Med Surg in a Buddy System. Bonuses and rates are higher for specialty nurses. 100% completion rate from our nurses who have chosen this assignment and a majority rate of extension.
- **Denton/Mexial/Lufkin, TX-** RNs and LVNs to work in a state MHMR facility that is part of the "Department of Aging and Disability Services." All nurses must be available for at least two of the shift periods. Nurses are required to float between units of the facility as needed and must work every other weekend. 40 miles north of Dallas and Fort Worth, Texas.

