

Supplemental Health Care SM

WORKFORCE SOLUTIONS

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Happy National Nurses Week! May 6-12, 2009

This issue is dedicated to our nurses and to nurses everywhere. We recognize and celebrate the daily dedication and contribution of nurses to our communities, our country and our world.

During this week, we especially highlight our nurses on the following days:

- May 6 National Nurses Day
- May 6 National School Nurse Day
- May 8 National Student Nurses Day
- May 12 International Nurses Day

The American Nurses Association has announced the theme for this year is "Nurses: Building a Healthy America." Supplemental Health Care applauds



Building A Healthy America

nurses across the country for the contribution they make to our nation and the health of it's people. We are proud to know so many people who have chosen to spend their time and energy helping others with their health care needs.

A hero is someone who has given his or her life to something bigger than himself. - Joseph Campbell

We are Celebrating our Nurses!

In this issue we profile four of our great nurses, starting with Magali Montanez.

Magali is a Neonatal ICU nurse and has been traveling with Supplemental Health Care since 2006. She has been a nurse for over twenty years. She is currently on an assignment in Texas. Originally from New York, she has worked in many different locations including various facilities in California and New Mexico.

Magali started to travel when she realized she was tired of the politics and the whole humdrum life of working on staff. She loves traveling. Magali said that she is always open to learning from different people. She thinks that everybody has their own way of doing things and that the important thing is to stay focused on good outcomes. Sometimes it is best to "do as the Romans do" but she feels like she has been able to share her experience as well.

Magali loves to explore new places. When she is in a new place, she likes to get in her car and see the area. Her

favorite places to visit are theaters and museums. She recently visited the Buffalo Soldiers National Museum and on another occasion caught the Bodyworlds exhibit. She went to the Kodak Theatre in Hollywood to see a play and to the Staples Center in Los Angles to see the Lakers play. Magali also enjoys learning about the local people.

Magali told us that she would never go back to working on staff.

She values the autonomy that she has as a traveler; "Being a traveler gives you control over your life." She often schedules gaps between assignments so that she can go back to New York or spend time with her six grandchildren. She is even

...she is always open to learning from different people.



Magali and her granddaughter

planning to take several weeks off this summer to go to Florida with some of them. She said, "I like doing my own thing."

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Traveler Profile

Dawn Haynes Balances Work and Motherhood

We spoke with Dawn Haynes about her experiences as an ICU nurse. She is currently on assignment at Erie County Medical Center in Western New York with Supplemental Health Care.

Dawn had worked in a variety of roles during her early career and gained experience to eventually become a nurse supervisor in an extended care facility. She loved that job but has found that working for Supplemental Health Care she can spend more time with her children and make more money. She feels that when she is

...as a traveler she can spend more time with her children and make more money.

not working she can be 100% a mom and do what she needs to do for her family.

Initially, Dawn was nervous about being a traveler and about the sort of reaction the hospital staff might have. She wondered if they would accept her. But she has found nothing but courteous and nice reactions. People have been very professional and more than that, she would count some of the people she works with as friends. She has not encountered any discrimination and

feels that the people with whom she works all work extremely well together.

Dawn currently works in the ICU in the only level one trauma center in Western New York. She said that working there has made her appreciate life and how short it is.

Dawn has been working with many seriously debilitated patients. She feels that by keeping a positive demeanor she can help people realize that life will go on and how to adjust to new situations.



Dawn and her daughters: Trinity(7), Liberty(2) and Bethany(5)

Traveler Profile

Stephanie Cocus is a People Person

We spoke with Stephanie Cocus about her experiences as a traveling telemetry nurse. Stephanie has been with Supplemental Health Care since 2005. She has family and roots in West Virginia and has chosen to work in nearby states.

Stephanie was working in the hospital where her elderly grandfather passed away and decided that she needed a change. She has since traveled between two different facilities and worked in various units of each. She gives credit to her recruiter for helping her find places where she might have some longevity as a traveler.

Stephanie has been able to establish a network of friends in the places to which she has traveled. She loves to explore new places. She said that on her days off she tries to go and do and see what is available in an area. She has enjoyed the beach music scene and

has even taken up a form of ballroom dancing called "shag" that is popular along the coastline. She once caught Earl Strickland, one of the best nine ball pool players in the world, playing a



Stephanie shoots pool

match. She has even been crabbing on the Outer Banks.

Stephanie gives credit to her traveling lifestyle for recent improvements in her health. She has lost 120 pounds since she started traveling.

She feels that she has had awesome experiences and that the people she has worked with have understood the need for temporary staff. The other nurses have understood that she, as a traveler, was filling a hole that otherwise would be putting stress on the rest of the staff. She said that she has been blessed to work with good facility staff and has even gone into two different fields that she wouldn't have originally considered. As the needs of the facility changed, she ended up taking assignments that were outside her comfort zone and was happily surprised to find support and encouragement from the facility.

Stephanie is a self described people person. She feels that one of the most important things you can do as a nurse is establish good communication with your patients.

The effect of one good-hearted person is incalculable. - Oscar Arias

To say yes, you have to sweat and roll up your sleeves and plunge both hands into life up to the elbows. - Jean Anouilh

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Traveler Profile

Kathy Jindra Became a Traveler More than 25 Years After Becoming an RN

Kathy has worked in hospitals since 1978 and received her RN in 1982. She is currently working her second contract in the ER at Strong Memorial which is a level one trauma facility.

Kathy decided to try traveling after one of her neighbors told her about it. She has ended up really enjoying the diversity. She prefers a big facility like Strong because you never know what's next. In the ER, she could go from dealing with a critical case to helping a homeless person who really just wants a place to warm up. Kathy said she has learned a lot at Strong. They do a lot of transplants and she has had to deal with medications and treatments that she had not been familiar with in her previous jobs.

...even though I have very busy days, I am not at all burned out."

She remembers having travelers come in when she was a staff nurse. She always treated them with the thought, "thank God they are here". However, she knew that some felt that they were a pain, so Kathy was concerned about going into a facility as a traveler. But, in her experience, everybody has been wonderful. People have made her feel comfortable and encouraged her to ask questions.

Kathy said that her recruiter has been helpful as well. When she has a question and the recruiter doesn't know the answer right away, the recruiter usually gets back to her within the hour.

One of the hardest things Kathy has ever done is take care of her sister. Her sister was diagnosed with Hodgkin's disease when her children were one

year and four years old. Kathy sat at the hospital every day with her sister while she was undergoing treatment. Her sister would go home after the treatments and work and take care of her kids. Kathy told us that her sister showed great determination to beat her disease and that her sister is an inspiration to her.

Kathy is thrilled to have a three month old grandson- her first grandchild. She feels that when she is away she misses him the most. She has arranged her schedule so that she travels just three days a week and then can help take care of him. She said, "He is the light of my life."

Kathy told us "I love taking care of people. Today, I had a nursing student ask me if she could interview me about nursing burnout. I told her that even though I have very busy days, I am not at all burned out."

Easy Money to Balance your Budget

If you could use some extra cash each month, Supplemental Health Care has the perfect solution: our Helping Hands referral program.

There is no easier way to earn extra money every month! In fact, if you know any nurse or therapist, anywhere in the United States, who is looking for a new career opportunity with a great company, this program is for you.

The program is simple. Refer someone to Supplemental Health Care and if we put them to work, you will earn \$1.00 an hour for every hour that person works for us, for as long as they work for us. No catches, no hidden rules. The only qualifications are that you must have worked for us in the past twelve months and be in good standing.

Do the math. Let's say you refer someone who works three 13-week contracts for us:

That's 36 hours worked per week x 13 weeks = 468 hours x 3 contracts = 1,404 hours x \$1 = \$1,404 dollars in your pocket every year!

Payments are made monthly for the hours worked in the previous month. The longer the person you referred works, the more money you will make.

Here are a few more important reasons to take advantage of Helping Hands:

- You can refer people you know from all over the United States – whether they work for our travel division or one of our local offices, you make the same great money



- You're not limited to just nurses – refer PTs, OTs, SLPs or any discipline we place and get the same great deal
- The program automatically tracks the people you refer and the number of hours they work; all you do is collect your monthly check
- There is no limit to the number of people you can refer or the money you can make!
Start balancing your budget today with Helping Hands, the referral program that keeps paying month, after month, after month...
Contact your recruiter for more information or to start the ball rolling.

Call us today **1.800.543.9399**



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Helping Hands

Hot Jobs



Hot Jobs

- **Hawaii-** RNs needed for ICU, ER, LTC, Tele, and Med/Surg. Live in paradise and see the islands. Candidates need a minimum of 2 years experience for speciality and 1 year experience for Med/Surg. All shifts available.
- **New York-** RNs for CVICU. Must have open heart experience, ACLS/BLS. 12 hour nights. Must have a New York License. 36 hour work week. 13 week contract.
- **Erie, Pennsylvania-** ER opportunities for RNs. Enjoy the cool breezes off the lake. Must have 1 year experience and a PA license. We can submit you with your application pending.
- **Dallas and Houston, Texas**
- RNs for ER. Enjoy the sports and arts Texas has to offer. 13 week contracts. 36 hour work week.

