

HEALTHY APPLE COFFEE CAKE RECIPE

Ingredients:

- 5 cups tart apples; cored, peeled, & chopped
- 1 cup sugar
- 1 cup dark raisins
- 1/2 cup pecans, chopped
- 1/4 cup vegetable oil
- 2 teaspoons vanilla
- 1 egg, beaten
- 2 cups all-purpose flour, sifted
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon

Directions:

1. Preheat oven to 350 °F.
2. Lightly oil 13 x 9 x 2 inch pan.
3. In large mixing bowl, combine apples with sugar, raisins, and pecans. Mix well and let stand for 30 minutes.
4. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon, and stir into apple mixture about a third at a time—just enough to moisten dry ingredients.
5. Turn batter into pan. Bake for 35–40 minutes. Cool cake slightly before serving.

*Yield: 20 servings • Serving size: one 3 1/2-inch by 2 1/2-inch piece
Each serving provides: Calories: 196 • Total fat: 8 g • Saturated fat: 1 g
Cholesterol: 11 mg • Sodium: 67 mg • Total fiber: 2 g • Protein: 3 g
Carbohydrates: 31 g • Potassium: 136 mg*



PACE MEDICAL STAFFING QUARTERLY NEWSLETTER

3rd Quarter 2010

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SAFETY CULTURE

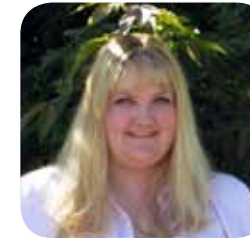
Many accidents and injuries occur each year as a result of what some people call carelessness. In reality, a better way to say it is a lack of safety awareness. In other words, we are just not paying attention to what we are doing! Here are a few common sense tips for safety awareness:

- Watch your step. People commonly suffer injury when they step off a curb or into a hole. Also, be alert for objects or spills in your walkway. Being distracted and looking away from the path could lead you into a collision with a co-worker or machine.
- Pay attention to co-workers, and don't take for granted that you know what their next move will be. Communicate when working with others to handle material. Take extra time to "call out" when traveling around blind corners. The extra time may prevent an accident.
- Obey safety warning labels, posters and other written messages in your work area. They are there for a reason and not just part of the scenery.

While in facilities if you see safety concerns that aren't being addressed feel free to let us know. These issues will be addressed with the facility. Your safety is our number one concern!

Don't forget that you can join us on Facebook for Safety Bingo. Any questions call Kristy: 541.312.5849.

MESSAGE FROM THE ADMINISTRATOR



Nurse Self Care

What attracts many nurses to nursing in the first place is a desire to help others. I wanted to remind all of you that you need to take care of yourselves as well. Here are a few steps you can use to do, just that.

- Take Care of Basics; get plenty of restful sleep, great nutrition and find some sort of daily exercise.
- Set realistic goals for yourself.
- Think positive and make your feelings positive, happy and uplifting.
- Next time you are advocating self care practices to a patient think about how you can influence your own life.

Current Openings

ER RN's: Eastern Oregon

ICU RN's: Central Oregon

ER, ICU RN's: Portland

Nurse Practitioner:
Central Oregon—Travel

WELCOME TO OUR TEAM

Seth A, RN

Jeff G, FNP

Jeanné H, LPN

Christina K, RN

Gabriel O, LPN

WEARING GLOVES

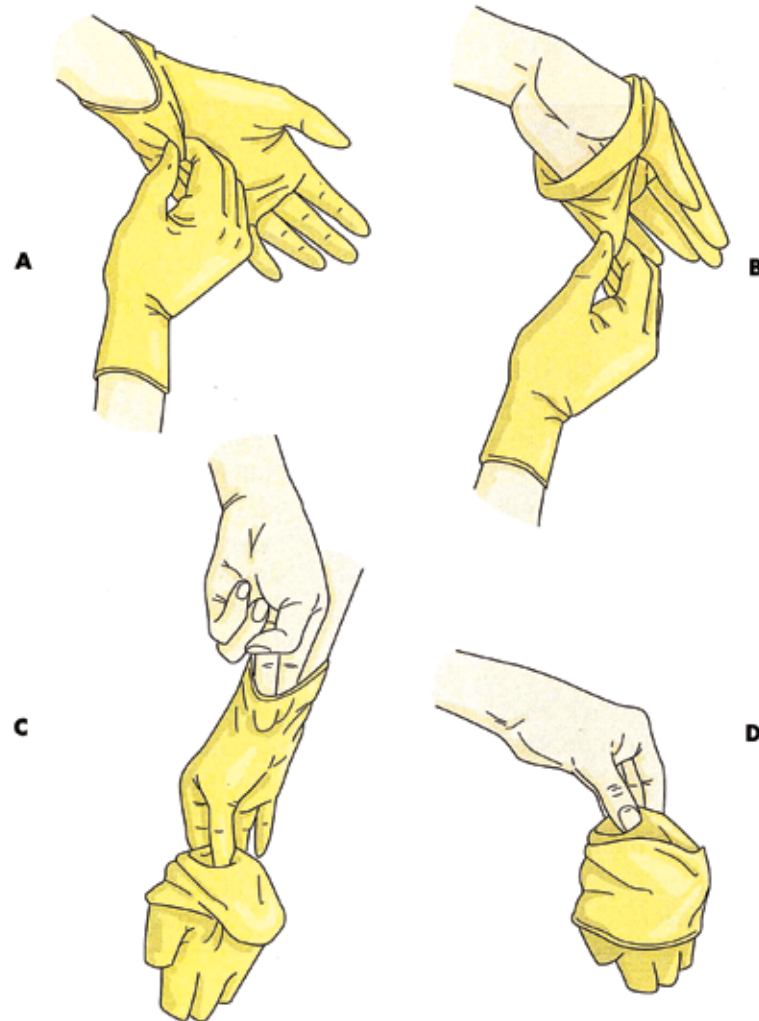
The skin is a natural barrier. It prevents microbes from entering the body. Small skin breaks on the hands and fingers are common. Some are very small and hard to see. Disposable gloves give added protection. They protect you from pathogens in the person's blood, body fluids, secretions, and excretions.

They also protect the person from microbes on your hands. Wear gloves whenever contact with blood, body fluids, secretions, excretions, mucous membranes and non-intact skin is likely. Contact may be direct or contact may be with items or surfaces contaminated with blood, body fluids, secretions, or excretions.

Do not tear gloves when putting them on. Carelessness, long fingernails, and rings can tear gloves. Blood, body fluids, secretions, and excretions can enter the glove through the tear. This contaminates the hand.

Remember the following about wearing gloves:

- Gloves are easier to put on when your hands are dry.
- You need a new pair for every person.
- Remove and discard torn, cut, or punctured gloves immediately.
- Wash your hands, and put on a new pair.
- Wear gloves only once—discard them after use.
- Put on clean gloves just before touching mucous membranes or non-intact skin.
- Put on new gloves whenever gloves become contaminated with blood, body fluids, secretions, or excretions. You may need more than one pair of gloves for a task.
- Make sure gloves cover your wrists. If you wear a gown, gloves must cover the cuffs.
- Remove gloves so the inside part is on the outside, (see illustration). The inside is considered clean.
- Wash your hands after removing gloves.



REMINDER

Please either mail or fax us a copy of your driver's license, TB, CPR, and any other certificates that you renew or complete once you have them. It is imperative that your personnel file is kept current.

STAFF SPOTLIGHT



We are pleased to award Scott G with the employee of the quarter award. Scott provides excellent skills to all of the facilities he assists. He always has a positive attitude and is very caring towards patients and co-workers. Scott thank you for all that you do!



Congratulations!

We would like to take the time to congratulate Jeanne' H for graduating from the RN program. You are an excellent LPN so we know you will be a great RN! Great job Jeanne'!

WHO DO YOU KNOW?

As Pace employees you are the ones out in the facilities everyday. You all know what it takes to be a good employee. Thus, we are asking you Who Do You Know. We are offering you a referral bonus. To qualify, the only requirement is to make sure the person you know puts your name as the referral on thier application. Or simply let your recruiter know who you referred and we will keep an eye out for their application. After they work 10 shifts you get your bonus. It's a great way to increase your income and it's our way of saying "Thank You" to our wonderful employees.

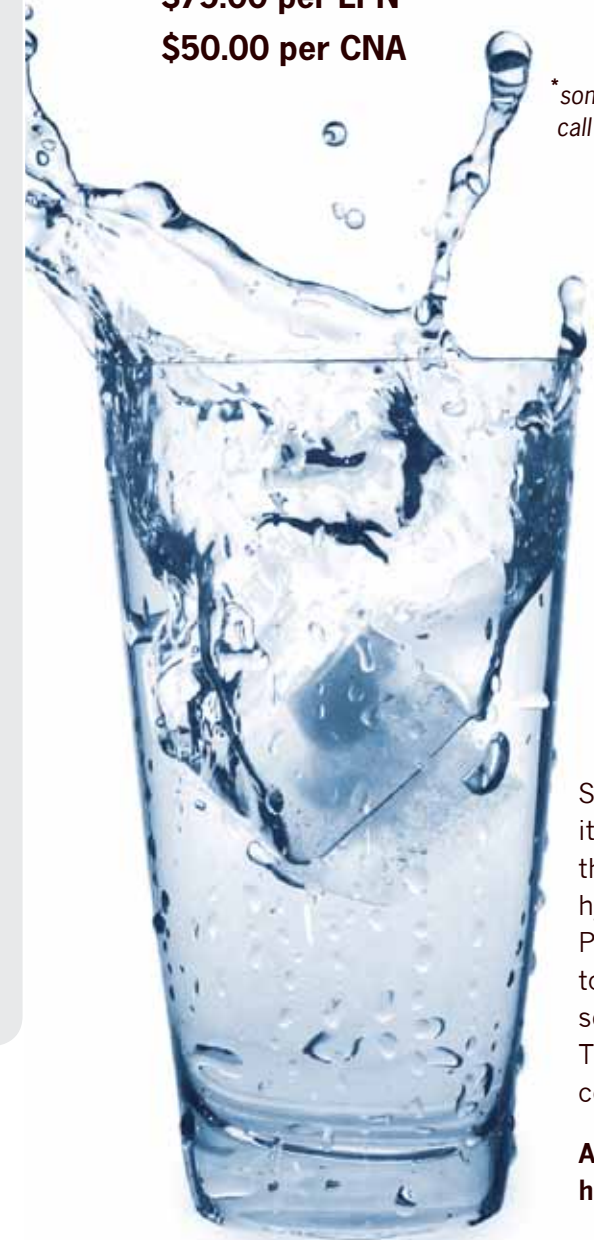
For each qualifying referral* you make you will receive the following bonus:

\$100.00 per RN

\$75.00 per LPN

\$50.00 per CNA

**some restrictions may apply, call your recruiter for details.*



Summer is here and it is very important that we remember to hydrate the elderly. Please make sure to offer them fluids several times a day. This will help with skin conditions and UTI's.

And don't forget to also hydrate yourself!