



WWW.PACESTAFFING.NET  
 EUGENE - 877-223-7223  
 BEND - 866-718-2923  
 BEND, OR • 97702  
 205 SE WILSON AVE, SUITE 1

Our office will be in a new location starting May 1<sup>st</sup>. Please make sure you update your records. Our new address is:

*Pace Medical is Relocating!*



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*Enjoy the Spring!*

March 2008  
 Pace Medical Staffing  
 Bend (866) 718-2923  
 Eugene (877) 223-7223



PACE MEDICAL STAFFING'S

*New Executive Director*

**SHARON DICHIARA**

Sharon recently relocated to Bend from Southern California and has been busy learning 'the ropes' of Pace Medical Staffing since she started on January 21. She comes to us with almost 15 years of sales and management experience, spending the last 10 years in the staffing industry. Throughout her career she has held such positions as Senior Account Manager, Branch Manager, and most recently District Sales Manager. She was a 4 time Top Producer Award recipient at her previous company and brings that same high level of motivation and dedication to Pace. She is currently focusing on new business development within local clinics and hospitals, as well as improving recruiting processes so that Pace can attain top talent. In her free time, Sharon enjoys riding horses, hiking, playing with her 2 dogs, and spending time with family and friends.

**WELCOME SHARON!**



SHARON AT THE 2008 CENTRAL OREGON JOB FAIR

*Travel Nurse Opportunities Available*

FOR TRAVEL OPPORTUNITIES,

PLEASE CONTACT

**GINA AT**

**1-866-718-2923**

EMAIL: [GINA@PACESTAFFING](mailto:GINA@PACESTAFFING)



Travel opportunities are available throughout Eastern and Southern Oregon! Why not experience what nursing is like in a rural hospital and rediscover having the time to deliver quality patient care in an interesting setting.

Travel from 2-4 hours from your home and work 2-3 days a week, then enjoy the remainder of your week back home!

Specialty areas in demand include: ER, MedSurg, ICU, CCU and OR Circulators - telemetry experience a plus! Travel contracts typically last from 4 - 13 weeks, with mileage and lodging provided.



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# WAYS TO PREVENT BACK INJURIES AT WORK PLACE

When lifting a patient or assisting a patient to stand from a sitting position:

Get help if you need it. You work as a team!

Use a mechanical lifting device whenever you can. These devices are safe and easy to use, often without the help of another person. If you do not know how to use it, ask the nurse to teach you how to use it and use it safely so the person does not get hurt.

Explain to the patient what you are about to do. You may want to say, "Mrs. Jones, I am going to put my arms under your arms and when I count to 3 stand up and then sit in the chair".

Do some stretching and warm up exercise if your body is not warm and loose. Shake your body out. Stretch your arms up toward the ceiling. Jog in place for a couple of seconds.

Stay as close as possible to the person or object that you are about to lift. Face the person or object that you are about to lift. Keep your back straight up and down. Tuck your chin in and keep your neck and head straight up and down.



Keep your feet wide apart so that you have a wide base of support. Pivot on your feet in the direction of the move.

Make sure that you have a good grip on the object that you are about to lift.

Use the long and strong muscles of your legs to lift. Do NOT use the muscles of your back to lift. For example, if you are lifting a scale off the floor, bend at the knees and squat down. Do NOT bend your back. After you grip the scale, raise your body up to a straight position with the scale as close to your body as possible. Reverse these steps to put the scale down on the floor.

Use smooth and slow motions. Do NOT hurry. Take your time. Do not use jerky motions.

Take small breaks between lifts. Take a deep breath and rest for a moment.

And always PUSH, do NOT PULL. Pushing is much safer than pulling.



Now time for a little humor...Norman from the Eugene office had a bet with the maintenance man from Southtowne Living Center that the Oregon Ducks would win the Civil War football game. The bet was that whoever lost would have to wear a cheerleader's outfit from the other team. Well, unfortunately the Ducks lost and Norman proceeded to put on a cheerleaders outfit with the Beavers colors and parade through the facility. What a great sport Norman!



## NEWS from Eugene

BY NORMAN KIRTLEY  
Pace Recruiter, Eugene

A note about cell phones - We understand everyone carries a cell phone these days and it makes it easier for family, friends, and even your employer to get a hold of you, but please don't answer your cell phone while you're working. Always wait until you're on a break or at lunch to use your phone. We've had a few complaints about staff being on their cell phones while on the floor, which is never acceptable. If you receive a call from Pace, we will always leave you a voicemail and you can return the call at your earliest possible convenience.

The Eugene office will be attending 2 upcoming Career Fairs in April - Linn-Benton Community College and Lane Community College. Look for us there!

We also have a new client in Lebanon - Lebanon Rehab and Specialty Care - welcome! They are a LTC facility that has all the latest and up to date equipment. We expect to have available shifts there very soon!

We've been very busy in the Eugene/Springfield area staffing the facilities and establishing new relationships with area hospitals and clinics. If you know of any experienced CNA's or Nurse's, please refer them to Pace and receive your referral bonus. It's as easy as that!

With continued team work and our focus on growth, we'll soon become the best and only agency in town!

## Availability and Flexibility



BY TERI MCLEOD  
Staffing Director, Bend

It's our policy that all temporary employees call in their availability to Pace Medical Staffing on a weekly basis. This will ensure you're on our list of available employees and will keep you abreast of what opportunities we have open. It is then your responsibility to be accessible.

How flexible are you? Are you adamant about only working one particular shift? Are you someone who will not travel outside of your city limits to work? We realize that certain circumstances affect your decisions regarding which shifts you can work and how far you can travel, however, remember that the more flexible you are, the more likely Pace will have assignments for you.

We value and appreciate all of our employees and want to thank them for their hard work and dedication!

## of the Quarter

### EMPLOYEES

#### CONGRATULATIONS!

Terrie Eakin and Annie Jones are our Employees of the Quarter. They both work very hard and we are proud they are a part of our team.



TERRIE EAKIN  
CNA



ANNIE JONES  
CNA

*Thank you for all your hard work!*

## Welcome!

**BEND** - Mary Van Hilten, RN, Shelley Allum, RN, Becky Alexander, RN, Lance Steinmetz, RN, Lori Dinger, RN, Tami Bondsteel, RN, Danielle DeGrande, LPN, Gloria Rodli, LPN, Tina Byers Jones, MA, Patti Geerhart, MA

**EUGENE** - Kathleen Hettle, LPN, Cynthia Tidwell, CNA, Jose Castro, CNA/MA, Amanda Bustamante, CNA, Corlea DeRoss, CNA, Jason Hiner, MA, Lisa Bowerman, Phlebotomist

**WELCOME TO OUR TEAM!**