



January 2018 Newsletter

Wishing you a wonderful 2018

Be sure to share your inspiring, funny, or unique stories from on-the-job experiences, as well as aspects of your job you love for us to share in our February newsletter.



Turn your New Year's resolution into a reality

Every January 1st, gyms get crowded, fad diets make a comeback, and there seems to be thrice as many home gym infomercials on TV. Even with the best of intentions, these resolutions to get fit quick seem to fade quickly. In 2018, we are aiming to **break the cycle** - read on to find out how.

Rule number one is to **set realistic expectations**. Don't set such strict parameters, especially right out of the gate - you shouldn't tell yourself to lose 10 lbs in a week or even in a month. When you set these types of goals, you're likely to fall short of them which will cause you to feel discouraged and give up much easier.

This is a marathon, not a race. Don't set an end date, because this is a permanent change. The key to a healthy lifestyle is to take baby steps. Don't force yourself to cut out all junk foods, adhere to a raw or keto diet, and go to the gym every day - this is too much change too fast. You need to find a happy-medium between pushing yourself to meet your goals, but also not depriving yourself of things you enjoy. Eventually the small changes will evolve into healthy habits in your new way of living.

There's a chance that you'll reach a plateau at some point on your journey, and that's okay. You may get to a place where you're doing all the right things, but no longer seeing results. This, too, is part of the process and it's important to remember that the best part about creating a healthy lifestyle is the **confidence you'll gain and added health benefits**, not just the weight you lose or muscle tone you gain.

Don't compete with others! This should probably be at the top of the list, it's that important. Comparison is the killer of joy, especially when trying to follow a workout plan or stricter diet. Don't become discouraged because your friend made it to the gym 5 times this week, and you only 3 times. Instead, include your friends and family on this journey so you can **hold one another**

accountable and have a guaranteed gym buddy.

One of the best parts about junk food is that it's always ready and on demand when you're hungry (and even not hungry). **Set aside some time a few days a week to prep** not only pre-portioned and easy to grab and go meals, but also snacks. It's much more appealing to eat apples or carrots if they're already cut up and sitting front and center in your fridge.

Last but certainly not least - **don't cheat yourself** out of a healthy lifestyle because you chose a milk shake over a protein shake, or getting in some *ZZZs* instead of Zumba. Slip-ups are going to happen, but that was today so tomorrow is a chance to get back on the horse and try again. Go into this challenge knowing there will be some trial and error and tweaking until you find a system that works best for you. When you do, you'll be unstoppable.



Contracts Available

[Corrections - RN or LPN]

Milwaukee County Jail & House of Corrections
AM, PM and Night shifts available

[Long-term Acute Care - RN or LPN]

LTC - Milwaukee, WI
PM contracts available

[Med/Surg - CNA]

Hospital - Milwaukee, WI
Day and night shifts available, with opportunity
to turn into contract

[Front-Office Position - CNA]

Hospital - Racine, WI
AM contracts available

[Supervisor / Rehabilitation - RN]

Hospital - Milwaukee, WI
Day shift contract available

[Pediatric Acute Care / Pool - RN]

Hospital - Racine, WI
Rotating shifts

*If you are ever interested in a contract opportunity that you don't specifically see, give us a call at 262-746-6900 and we can always discuss the possibility of a contract or opportunity that interests you.

[EMPLOYEES OF THE MONTH]



DAVE MARTINDALE, LPN

Dave has been with FirstMed since April 2017. In that time, he's truly been a jack of all trades, working with hospital, LTC, and assisted living. Dave always shows up to his shifts with a positive attitude and has even taken on the additional responsibility of nursing school. Thank you for your dedication and drive!



TIKEISHA FOREMAN, CNA

Tikeisha has been with FirstMed since May 2017. She is always willing to switch shifts, go to different facilities without hesitation, and has been incredibly flexible for scheduling. Tikeisha has been an asset to many of our client facilities and we are very grateful to have her on our team. Thank you for all that you do for FM!

[REMINDERS]

Time cards are due by 8:00am every Monday morning to timecards@firstmedstaffing.com -- we recommend taking a pic of your time card after every shift to send over so you don't miss a beat.

Loyalty bonuses can be earned easily, all you need to do is be consistently on time, avoid call-ins, and perform your best. For every 250 hours worked, you'll be eligible for \$125 (if you're a full-time employee, that's every other month!).

We have numerous contracts and part-time or full-time per diem opportunities that we'd like to share with your referrals. Refer friends, family, or coworkers to apply using the link below and become eligible for a referral bonus.

STAY CONNECTED

[Refer a Friend - Click here to apply](#)

Be sure to visit our Facebook page and Pinterest board:



Thank you for all of your hard work!

Sincerely,

Michelle, Nicole, Shay, Hannah & Candace
The FirstMed Team

