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October BIRTHDAYS

- Amanda B. 10/1
- Michael D. 10/2
- Marquetta S. 10/2
- Tammie D. 10/3
- Amber E. 10/4
- Sheena B. 10/4
- Dereka T 10/5
- Erin D 10/6
- Alicia B. 10/8
- Mary F. 10/8
- Rosea C. 10/8
- Dorianna M. 10/9
- Tiffany W. 10/9
- Kathy M. 10/9
- Maddie P. 10/10
- Alfred H. 10/11
- Susan B. 10/11
- Charlene A. 10/14
- Tiffany S. 10/14
- Mary D. 10/14
- Katalyn L. 10/17
- Heather W. 10/18
- Julie S. 10/18
- Sharda F. 10/19
- Tammy S. 10/20
- Geneva C. 10/21
- Ebony W. 10/23
- Candis C. 10/24
- Amanda G. 10/24
- Monica H. 10/25
- Sandra K. 10/25
- Erica B. 10/26
- Amanda T. 10/31
- Marie M. 10/31
- Tracy A. 10/31
- Danielle K. 10/31

ALTO ANNIVERSARIES

- Mark H. 6 years
- Pamela C. 3 years
- Monica M. 2 years
- Twyna J. 2 years
- Paula W. 2 years

**HAPPY BIRTHDAY &
HAPPY ANNIVERSARY!**

**PLEASE ENJOY YOUR
EXTRA REWARD POINTS
AS OUR GIFT TO YOU**



Your position is our mission.

October 2017 NEWSLETTER



Cold or Flu?

Cold	Symptom	Flu (Influenza)
Rare, Mild (less than 100°)	Fever	Almost Always High (Greater than 100°)
Rare	Headache	Common
Slight	General Aches & Pains	Usual/Often Severe
Gradual over a Few Days	Onset	Rapid Onset
Common	Stuffy Nose	Rare
Common	Runny Nose	Common
Common	Sore Throat	Sometimes
Mild to Moderate	Cough	Common – Can be Severe (Dry)

IT IS THE TIME OF YEAR; COLD & FLU SEASON

It's the time of year again when colds and flu spread like wildfire. It's tough on health care providers because we can't get sick, miss work, spread it to fellow co-workers or worse yet, our patients and residents. Many of our clients are making it mandatory that you receive a flu shot, and if you decline, some clients reserve the right to approve your waiver request or not even have you provide care in their facilities. You may have already been contacted by our compliance dept. if it is a requirement for your facility. If you are not sure, please call us. We are offering FREE FLU SHOTS at both of our locations to all of our active employees; please call for an appointment!



NURSES NEEDED! Full Time 13 week contracts available!

REGISTERED NURSES for all Specialites; CASE MGT, MED/SURG, REHAV, ICU, CVICU, ER, OR, PEDS! Hospitals throughout OHIO and INDIANA and KENTUCKY! Hospitals in Dayton are offering a \$1,000.00 BONUS.

TRAVEL PAY for *CONTRACTS* throughout the *COUNTRY*, Where do you want your next adventure to be? Call us and we can check the location in just seconds! BRING HOME \$1400-\$1600 per week for any distance of communiting that is eligible. MAJOR MEDICAL HEALTH INSURANCE included in our Full Benefits Package including BONUSES and PTO!

LPN's: Full time and PRN positions available for area long term care facilities and DoDD facilities throughout Dayton, Cincinnati Xenia, and Springfield. Earn up to \$25 per hour, rates vary upon facility.



CERTIFIED MEDICAL ASSISTANTS NEEDED: Physician Practices throughout Dayton and Cincinnati! Full Time Temp to Hire Positions in a variety of settings available! Earn anywhere from \$14-\$18 per hour! MAJOR MEDICAL HEALTH INSURANCE included in our Full Benefits Package including BONUSES and PTO!

KNOW ANYONE? CASH IN ON OUR REFERRAL BONUS: \$200 cash after 200 hours worked!



THE HOLIDAYS ARE RIGHT AROUND THE CORNER; PICK UP SHIFTS NOW FOR SANTA



NEW TEAM MEMBERS ON THE ALTO BUS!

Please welcome BRANDI BYRD-PASSMORE . Brandi climbed aboard and is in the seat as our new full-time STAFFING COORDINATOR for Nursing and STNA Temporary, PRN Division. Brandi will be assisting Cindy with scheduling. *Please call Cindy for Facility Orientations*



CPR and FIRST AID CLASSES OFFERED BI-WEEKLY. Please check website for dates and times.

HOSPICE ORIENTATION for Dayton and Cincinnati offered; call Sue Anne or Ellen for details!

CHARITY FOOD DRIVE: Details TBA!

ANNUAL CHRISTMAS PARTY Watch for Save the Date Announcements



OCTOBER 18TH is NATIONAL MEDICAL ASSISTANTS DAY!

Hats off to all of our hardworking Medical Assistants! We are privileged to join the rest of the country as we honor all of the Medical Assistants out there that play such a vital part of our health care system. You take care of your patients, support your doctors and are an intricate part of your organizations practices. Thank you for all of your hard work and dedication.

Please stop in either the Dayton or Cincinnati offices to pick up your gift MA's!



NEED HEALTH, VISION or DENTAL INSURANCE? October is the month for Open Enrollment for all of our insurance plans. We are offering TWO different major medical insurance plans. Information and applications available on line after Oct. 10th!

TIME SLIPS ARE DUE MONDAY BY 5PM. If you are late, sorry, you will have to wait...until next week's payroll.

Need more time slips? Need to update your credentials? Need to view your paycheck stub? All of the answers you need are there 24/7 on our EMPLOYEE PORTAL at www.altostaffing.com.





EMPLOYEE OF THE MONTH

We would like to acknowledge

Beverly P, STNA

for her outstanding work in providing care to her residents. Our client sent us an honorable mention complimenting her work and care and feedback from the family! Thank you for representing us in an awesome way! Look for your Reward Points.

RECIPE OF THE MONTH: FALL VEGGIE STEW



READY IN:SERVES:

55mins 6

Ingredients Nutrition

- 1 cup [onion](#), coarsely chopped
- 1 large [red bell pepper](#), sliced
- 1 [celery rib](#), sliced
- 1 tablespoon oil
- 3 $\frac{2}{3}$ cups vegetable stock
- $\frac{1}{3}$ cup [all-purpose flour](#)
- 3 medium [potatoes](#), unpeeled thin skined, cut into 1 inch pieces
- 2 cups winter squash, cubed, about 1 inch (butternut, acorn, any type winter squash will work)
- 1 medium [zucchini](#), sliced
- 4 ounces [mushrooms](#), halved
- $\frac{3}{4}$ cup frozen peas
- 1 teaspoon [dried basil](#)
- $\frac{1}{2}$ teaspoon [oregano](#)
- $\frac{1}{2}$ teaspoon [dried thyme](#)
- [salt](#)
- [pepper](#)

Directions

1. Saute onion, bell pepper, and celery in oil in large saucepan until onion is tender, about 5 minutes. Stir in 3 cups stock; heat to boiling. Mix remaining $\frac{2}{3}$ cup stock and flour; stir into boiling mixture. Boil, stirring constantly, until thickened, about 1 minute.
2. Stir potatoes, squash, zucchini, mushrooms, peas, and herbs into stew. Simmer, covered, until vegetables are tender, 10 to 15 minutes. Season to taste with salt and pepper.
3. RECOMMEND: Topping with Herb Dumplings.
4. Spoon dumpling mixture on top of stew in 6 large spoonfuls; cook over low heat, uncovered, 10 minutes. Cook, covered, 10 minutes longer or until dumplings are tender and pass the toothpick test.