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Your position is our mission.

## April 2018 NEWSLETTER



### April BIRTHDAYS

Chamera B.	4/4
Latasha E.	4/5
Jennifer C.	4/6
Chantel R.	4/6
Jade M.	4/8
Deon B.	4/8
Grace A.	4/8
Cindy H.	4/11
Jasmine G.	4/11
Marquis C.	4/11
Laurie F.	4/12
Christina T.	4/14
Dana B.	4/14
Jasmine S.	4/15
Sidney L.	4/18
Amber S.	4/18
Tamara M.	4/18
Laquetta Y.	4/18
Courtney W.	4/19
Tiffany S.	4/19
Jodi R.	4/20
Sue Ann	4/21
Laura V.	4/21
Chelsie T.	4/22
Itallia B.	4/23
Carleen T.	4/23
Terri P.	4/25
Michelle L.	4/30
Kenyeha B.	4/30

### ALTO ANNIVERSARIES

Biaunka P.	3 years
Pam F.	2 years
David P.	2 years
Carleen T.	2 years
Katalyn L.	2 years
Donetta D.	1 year
Thressa M.	1 year
Gabielle C.	1 year
Stephanie M.	1 year
Krista C.	1 year
Tontonia W.	1 year

**HAPPY BIRTHDAY &  
HAPPY ANNIVERSARY!**

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



Did you know that April is Stress Awareness Month?

Sponsored by The Health Resource Network (HRN), a non-profit health education organization, Stress Awareness Month is a national, cooperative effort to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress that are prevalent in our society.

### Five Ways to Reduce Stress:

1. Stay Positive - Laughter has been found to lower levels of stress hormones, reduce inflammation in the arteries, and increase "good" HDL cholesterol
2. Meditate - This practice of inward-focused thought and deep breathing has been shown to reduce heart disease risk factors such as high blood pressure. Also try meditation's close relatives, yoga and prayer.
3. Exercise - Every time you are physically active, whether you take a walk or play tennis, your body releases mood-boosting chemicals called endorphins. Exercising not only melts away stress, it also protects against heart disease by lowering your blood pressure, strengthening your heart muscle, and helping you maintain a healthy weight.
4. Unplug - It's impossible to escape stress when it follows you everywhere. Cut the cord. Avoid emails and TV news. Take time each day even if it's for just 10 or 15 minutes — to escape from the world.
5. Find ways to take the edge off your stress - Simple things, like a warm bath, listening to music, or spending time on a favorite hobby, can give you a much-needed break from the stressors in your life.

HELLO  
my name is

## Opportunity



**Registered Nurses:** Travel & Local Contracts; All Settings! Earn up to \$40 per hour or up to \$1800 Weekly!! We have added additional states!

**Medical Assistants:** Did you hear of our new increased Pay Rates; \$14-\$18 p/hr.

**LPN's:** New increased Pay Rates, set schedule and FULL TIME HOURS!!!

**Specialty RN Positions; OR, CATH LAB, ER, ICU, CCU:**

These are Full Time contract positions in office settings. Great pay and full benefits!

**RN Case Managers:** Needed for hospital and community based insurance company, these are long term contracts with INCREASED PAY RATES!!

Do you need more time slips? Do you need to view your paycheck stub? Do you need to keep up your credentials? Please go to our website at [www.altostaffing.com](http://www.altostaffing.com). Click on the Employee Portal and type in the password. If you forgot it, call or text us!

## Do you need your W-2?

You can log onto the ADP website <https://workforcenow.adp.com> with your username, password and easily print from your home computer.

Did you hear about our **REFERRAL BONUS**?! Refer our next new employee and get \$200 in your hand! Fill out the Referral Bonus form from the Employee Portal on our website, turn it in, and sit back and wait for your money!!!



**TIME SLIPS ARE DUE MONDAY BY 5PM.** We are sorry; if you are late you will have to wait until next week's payroll.



**American Heart Association  
2018 CPR/First Aid Classes**

**Tuesdays from 9am-1:30pm:**

**April 3 and 17  
May 8 and 22  
June 5 and 19**