



ALTO NEWSLETTER

January 01, 2017

Every time we start a new project, we always ask ourselves the same question: What can we do better and different?"

Ricardo Guadalupe

EMPLOYEE OF THE MONTH



Kenya C., STNA

"Kenya is one of our hardest working STNAs.

Her unwavering professionalism has been praised by all the Alto clients she works with and we are happy to have her as part of our family!

- Will G.

Message from the Founder

Dear Altoners,

Happy New Year! I am very excited for 2017, as the year promises to bring changes in our country, new hope for people, a fresh start for others and happiness and prosperity for all! My wish for you and yours is for all of the best that this year can bring, for good health and good fortune. We at Alto are looking forward to a great year with new promises of more opportunities that we can offer you, higher pay rates and a continued successful partnership. Thank you all for being a part of our family this past year and we are looking forward to our partnership for this New Year! Please remember, if there is ever anything that I can do for you, I am only a phone call away and would love to set up a time to meet with you in person. Again, have a safe and Happy New Year!



Warmly, Leslie Kahn, CEO

The Origin of New Years

The earliest recorded festivities revolving around the New Year date back nearly 4,000 years to ancient Babylon. The Babylonians held a massive religious festival called Akitu, beginning with the first new moon following the vernal equinox, and lasting 11 days. Throughout time, civilizations around the world developed increasingly sophisticated calendars, usually pinning the New Year to an agriculture or astronomical event. For instance, the Chinese New Year occurs with the second new moon after the winter solstices. So how did we get to January first?

The early Roman calendar served as predecessor to our famously used Georgian calendar. Consisting of 10 months and 304 days, the early Roman calendar began on the vernal equinox. Later, King Numa Pompilius was credited for adding the months of Januarius and Februius. Over the centuries, the calendar fell out of sync with the sun, and in 46 B.C. the emperor Julius Caesar consulted with the most prominent astronomers and mathematicians of his time and introduced the Julian calendar.

As part of his reform, and partly to honor the month's namesake: Janus, the roman god of beginnings, Caesar instituted January 1st as the beginning of the New Year!



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#altostaffing

New Year Meltdown – Overnight Oatmeal

- 1 cup quick oats
- 1 scoop vanilla protein powder
- 1 tablespoon chia seeds
- ½ teaspoon ground cinnamon
- 2 tablespoons maple syrup
- 1 teaspoon vanilla
- 1 cup almond milk
- Whipped cream for topping (opt.)

1. Add all ingredients to a mason jar Or bowl, and stir to combine.
2. Cover and refrigerate overnight.
3. Top with whipped cream and enjoy!



By smarlittlecookie.com

6 Patient Safety New Year's Resolutions

The New Year means more than just health and wellness, but Safety too! The Institute for Healthcare Improvement's CEO, Derek Feeley, says the field has reached a critical turning point and must shift gears to continue making progress. Here are six patient safety resolutions; he believes every health care professional should make in the New Year for patient safety:

1. Learn from what goes right, as well as what goes wrong.
2. Move from reactive and responsive to proactive and generative.
3. Invest in safety systems for learning, rather than just individual safety projects.
4. Shift away from fear, blame and liability toward humility, trust and transparency.
5. Stop feeling as though you have to keep individuals you serve safe and, instead, begin to co-produce safety with patients and their families.
6. Understand that safety is more than just the avoidance of physical harm, but also the pursuit of dignity and equity.

Happy New Year!

Random fact: Brown eyes are blue underneath, and you can actually get a surgery to turn brown eyes blue.

UPCOMING EVENTS

CPR / First Aid
- Dayton 1/20

DECEMBER BIRTHDAYS

Jerry L.	1/1
Leetonia M.	1/1
Racinda L.	1/2
Bianca R.	1/4
Vicki C.	1/4
Kenniese J.	1/6
Jessica B.	1/8
Shawn M.	1/10
Lee G.	1/14
Matthew S.	1/16
Craig S.	1/18
Shannon M.	1/19
Cynthia D.	1/22
Melissa H.	1/23
Cherretta T.	1/28
Susan H.	1/28
Tara F.	1/28
Cara C.	1/29
Ashllyn A.	1/31
Elise T.	1/31

Happy Birthday!

HUMOUR CORNER

**The nurse who can smile when things go wrong...
Is probably going off duty.**