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MARCH BIRTHDAYS

Jasmine M.	3/2
Teresa D.	3/2
Jasmine G.	3/3
Chapbekaj T.	3/4
Taylor S.	3/8
Dominique B.	3/8
Marsha E.	3/9
Alicia W.	3/9
Diana H.	3/12
Kylee T.	3/14
Adrianna S.	3/15
Lori Z.	3/15
Kadijah Q.	3/16
Frederica V.	3/17
Sheryl A.	3/22
LaTonia S.	3/23
Yolanda E.	3/24
Kanita W.	3/25
Melissa O.	3/25
Sokha M.	3/26
Stephanie T.	3/26
Martiqua T.	3/27
Te'Shaunna M.	3/27
Monique N.	3/28
Tenise W.	3/28
Shawanna W.	3/28
Jackie B.	3/28
Alesha H.	3/29
Tiffany B.	3/30

MARCH ANNIVERSARIES

Ed J.	12 years
Destiny S.	5 years
Maddie P.	5 years
Kimberly K.	2 years
Frederica V.	2 years
Tracy B.	2 years
Tina B.	2 years
Charissa R.	1 year
Kanitha W.	1 year

**Happy Birthday and
Anniversary!!!**



Your position is our mission.

March 2019 Newsletter

National Nutrition Month!



Food: Don't skip breakfast; it is an important part of a balanced diet. Here are some helpful tips for meals. You definitely want to eat more fruits, vegetables and fish. You will want to cut down on salt, saturated fat and sugar. Do your best to drink 6-8 glasses of water every single day. You can base your meals on starchy foods like potatoes, bread, rice or pasta; just keep an eye on the fats you add when you're cooking these types of foods because that is what increases the calorie content.

Health: Looking to lose weight? Change some of those bad habits. For the best results, pick one habit at a time to change. For example, try limiting sweets and treats or cutting out fried foods. Then replace those old habits with new good habits, such as trying new fruits and vegetables or a new exercise!

Fitness: Complete 30 minutes of exercise at least 5 days a week. If you don't think you can commit to 30 minutes in a single workout, you can spread them out over 10 minute mini workouts. Such as, 10 minutes of body weight exercises (push-ups, lunges, squats etc) in the morning, a 10 minute brisk walk during your lunch break at work and 10 minutes of yoga inspired stretching in the evening. You can change this to what works best for you.

HELLO
my name is

Opportunity



Registered Nurses: Travel & Local Contracts; All Settings! Earn \$34 - \$46 per hour or \$1400 - \$2100 weekly!! We offer travel contracts nationwide!

Medical Assistants: \$14-\$19 p/hr!!!

LPN's: Set schedule and FULL TIME HOURS!!!

RN Specialties: ER, OR, ICU, HV1, LTAC, L&D, Stepdown, Med/Surg/Tele in a hospital setting.

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

Visit the Employee Portal if...

You need more time slips.

You need to view your paycheck stubs.

You need your W2 – through ADP.

You need to keep up your credentials.

Go to our website at

www.altostaffing.com and click on the Employee Portal. Then type in the password. If you forgot the password, call or text us!

Did you know we offer a
REFERRAL BONUS?!

Refer our next new employee and you will receive \$200!!!

Go to the Employee Portal on our website and fill out the referral form. Turn the form in to your recruiter and once they've worked 200 hours you will receive a check from us!! 😊

W2's will be accessible through ADP only. If you haven't signed up with ADP yet, please reach out to us and we can walk you through the sign up process! You can also stop by the office and use one of our computers!

To print your W2, go to Myself at the top of the page, Click Pay, and then Annual Statements. You will see your W2 followed by the year.

