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Welcome to the FIRST edition of our new newsletter, The First Assist Times. We hope you will enjoy receiving this update every month and look forward to your feedback.

Quarterly Vacation Reward

We are very excited to announce our new **Quarterly Vacation Reward** program.

Wouldn't you love to escape with a companion on a 4 day/3 night vacation to the location of your choice? Where would you go? Maybe Las Vegas or Florida? How about a trip to the beaches of Mexico or the Caribbean? Now's your chance for a vacation to the destination of

members start working, they are eligible for the offers available to active staff.

All active staff members accrue chances each quarter. For every one–two weeks worked, there is one chance to win.

- For all per diem staff, every 5 shifts you work, you receive one chance.
- For existing contract staff, every 13-week contract worked gives you six chances.

YOUR CHOICE!



The more you work, the more chances you accrue and the better your chances are to win! We'll draw one winner from all eligible entries each quarter. Make sure you are entered every quarter with as many chances as possible. Good luck!

And now the rules:

- You must complete your scheduled shifts to be entered into the drawing
- You must schedule your trip to occur within 3–4 months following the drawing
- Trips are scheduled by the corporate office and are based on availability of your desired destination
- Trip value may not exceed \$1000.00
- Legally we have to state that we reserve the right to modify or cancel this program at any time

The reward is offered for all of the hard work you do for us, and what could be better than to send you where YOU want to go?

The program is based on a chance system and you don't have to be an existing staff member to qualify. New staff members who get on board and activated with us and are available to accept their first assignment within 4 weeks are entered into the drawing. Once these steps are completed, staff receive two chances in the current drawing! After new staff

We can't wait to send you on vacation! See your branch office for details. Hurry, the program starts April 1st. You could be on your way!

HOT JOBS

- ICU Registered Nurse
Cleveland, OH
- Tele Registered Nurse
Washington, DC
- O.R. Registered Nurse
Chicago, IL
- Emergency Room RN
Baltimore, MD
- Surgical Technologist
Ann Arbor, MI

Visit www.firstassist.com for more jobs.

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Free Money?

How often do we hear ads for Free Money? Usually there's a catch, but this time, it's true! Have you benefitted from our Referral Bonus Program?



Are you taking advantage of this opportunity to make extra money? Refer your friends for terrific assignments and shift opportunities both locally and nationally in a wide variety of specialty positions.

We are always looking for the BEST RNs for contract assignments at the nation's leading medical centers in our regions as well as in all 50 states! Every day we have new opportunities available. Who knows these shining stars better than you?

For every candidate you refer who completes a 13-week contract assignment,

or completes 200 hours of per diem shifts within 6 months, we pay you a \$500 referral bonus! And there's no limit to the amount of referral bonuses you can receive!* Refer 5 friends who complete assignments, get \$2500!

The process couldn't be easier. Refer your colleagues to us so we can get them working and track their hours. Once they complete the required assignment hours, you get your bonus! It's that easy.

In order to qualify, the applicant must:

- List YOU as their referral source when they complete their application
- Not previously worked for First Assist
- Not cancel or arrive late for assignments
- Complete
 - * a 13 week contract assignment, or
 - * 200 hours of billable per-diem work within 6 months from their start date

What are you waiting for? Earn that extra cash now and claim your **MONEY!** For more details, see your Branch Manager.

* multiple referral bonuses cannot be paid for the same referred individual

Interesting Facts

Do you have a Yahoo Account or know people who do? Did you know that **Yahoo** actually stands for something?

Yet
Another
Hierarchical
Officious
Oracle

An Apple Mac is President Obama's computer of choice.

Pablo Picasso suffered financial hardships and burned many of his paintings in order to stay warm.

Albert Einstein was offered the presidency of Israel in 1952, which he turned down.

From www.interestingfacts.org

Feedback

Is there something you'd like to see in our newsletter? Maybe something you'd like to say? If you have any suggestions or comments, please send an email to: info@firstassist.com

We look forward to your feedback and interest in the newsletter!

CORPORATE UPDATE

- Are you having trouble faxing your timesheets into the office on time each week? Do you have a computer? Have you tried e-faxing? See us for details.
- Did you attend the **AORN Annual Conference in Denver** this week? Hope you visited us at **Booth #529!**
- Stayed tuned to this newsletter next month as we announce the details of our **new Health Insurance Benefits** for per diem and contract staff!

Stress Relief Tips

- 1. The scalp smoother.** Place your thumbs behind your ears and spread fingers on top of your head. Move your scalp back and forth slightly by making circles with your fingertips for 15-20 seconds.
- 2. The eye easer.** Close your eyes and place your ring fingers directly under your eyebrows, near the bridge of your nose. Slowly increase pressure for 5 second, release, then repeat on the left side.
- 3. The shoulder saver.** Place your left hand on the right side of your neck by your shoulder. Press fingers firmly into the muscle while tucking your chin in toward your chest. Exhale & hold for 10 seconds, release, then repeat on the left side.
- 4. The palm pleaser.** Lace your fingers together, leaving the thumbs free. Slowly kneed your left thumb into the palm of your right hand for 20-30 seconds. Then repeat on your left hand.

