



# Monthly Dose

The Latest NURSING JOBS & Chicago Events

## The Ultimate Example of Preventive Medicine

Have you ever thought about finding out what diseases or conditions you may be prone to getting? Would you want to know that you're more likely to get osteoarthritis and have the opportunity to change your diet to help alleviate or stop it from starting? Take a look at this article written from one man's perspective on preventive medicine: <http://news.yahoo.com/blogs/this-could-be-big-abc-news/ultimate-example-preventive-medicine-232140727.html>

### Contents



Find a Job



About OneSource



Why Travel?



Fun and Trivia



Why Join MSN?



Branch Updates



Industry News



Local Events

# New Nursing Jobs

Here are some of the great new job openings we have ready for you right now! Interested in any of our opportunities?

Call **866.240.9970**.

Dept.	Facility
M/S	Alexian Brothers
NICU	St. Alexuis
ER	Ingalls Memorial
M/S	Ingalls Memorial
OR	Central DuPage
C.N.A.	NorthSHore
ER	Provena St. Joe's Joliet
ER	Provena Mercy Aurora
M/S	Provena Mercy Aurora



[Find a Job](#)

# Why Join the MSN Team?



MSN is the company that gives healthcare professionals like you the most options, so you can focus on what's important!

- Choose the shifts you want, and we'll handle the rest!
- Earn top pay rates
- Get great benefits including medical, dental, life insurance
- Get the convenience of getting paid on the ComData DirectPay MasterCard®
- Invest in your future with MSN's matching 401(k)

It's our people and our team who are the heart and soul of our company. We're always looking for talented healthcare professionals to join our rapidly expanding team.

## MSN's Newest Team Members!

Cherry

Patty

Wendy

Michelle

Avery



## MSN's OneSource Facilities

MSN's OneSource Vendor Management System has brought new opportunities to MSN, its clients and healthcare professionals.

### **Alexian Brothers Medical Center**

(473 beds)  
800 Biesterfield Rd.  
Elk Grove Village, IL 60007  
[www.alexian.org](http://www.alexian.org)  
Elizabeth Colin 847.755.7643

### **Central Dupage Hospital**

(361 beds)  
25 N. Winfield Rd.  
Winfield, IL 60190  
[www.cdh.org](http://www.cdh.org)  
Julia Petersen 630.933.2010

### **Evanston Hospital**

(476 beds)  
2650 Ridge Ave.  
Evanston, IL 60201  
[www.northshore.org](http://www.northshore.org)  
Krista Dvorak 847.570.1550

### **FHN Memorial Hospital**

(157 beds)  
1045 West Stephenson Street  
Freeport, IL 61032  
[www.fhn.org](http://www.fhn.org)  
Tracey Ranum 312.506.8354

### **Glenbrook Hospital**

(143 beds)  
2100 Pfingsten Rd.  
Glenview, IL 60025  
[www.northshore.org](http://www.northshore.org)  
Krista Dvorak 847.570.1550

### **Highland Park Hospital**

(239 beds)  
718 Glenview Ave.  
Highland Park, IL 60035  
[www.northshore.org](http://www.northshore.org)  
Krista Dvorak 847.570.1550

### **Ingalls Memorial Hospital**

(418 beds)  
1 Ingalls Dr.  
Harvey, IL 60426  
[www.ingalls.org](http://www.ingalls.org)  
Carolyn Sprague 708.915.6709

### **Mount Sinai Hospital**

(431 beds)  
1500 South California Ave  
Chicago, IL 60608  
[www.sinai.org](http://www.sinai.org)  
Nick DeSousa 312.506.8334

### **Northwest Community Hospital**

(488 beds)  
800 W. Central Rd.  
Arlington Heights, IL 60005  
[www.nch.org](http://www.nch.org)  
Tracey Ranum 312.506.8354

### **Northwestern Medical Faculty Foundation**

675 N. St. Clair St.  
Chicago, IL 60611  
[www.nmff.org](http://www.nmff.org)  
Nick DeSousa 312.506.8338

### **Northwestern Memorial Hospital**

(744 beds)  
251 E. Huron St.  
Chicago, IL 60611  
[www.nmh.org](http://www.nmh.org)  
Sarah Sprague 312.926.2667

### **Provena St. Joseph**

**Medical Center**  
(446 beds)  
333 Madison St.  
Joliet, IL 60435  
[www.provena.org/stjoes](http://www.provena.org/stjoes)  
Carolyn Sprague 312.506.8335

### **Provena Mercy Medical Center**

(356 beds)  
1325 N. Highland Ave.  
Aurora, IL 60506  
[www.provena.org/mercy](http://www.provena.org/mercy)  
Maggie Rudis 312.506.8324

### **Provena St. Joseph Hospital**

(207 beds)  
77 North Airlite Street  
Elgin, IL 60123  
[www.provena.org/saintjoseph](http://www.provena.org/saintjoseph)  
Maggie Rudis 312.506.8324

### **Skokie Hospital**

(251 beds)  
9600 Gross Point Road  
Skokie, IL 60076  
[www.northshore.org/](http://www.northshore.org/)  
Krista Dvorak 847.570.1550

### **St. Alexis Medical Center**

(344 beds)  
1555 Barrington Rd.  
Hoffman Estates, IL 60194  
[www.stalexius.org](http://www.stalexius.org)  
Elizabeth Colin 847.755.7643

### **St. Anthony Hospital**

(186 beds)  
2875 W. 19th St.  
Chicago, IL 60623  
[www.saintanthonyhospital.org](http://www.saintanthonyhospital.org)  
Nick DeSousa 312.506.8338

### **University of Chicago Medical Center**

(659 Beds)  
5841 S. Maryland Ave.  
Chicago, IL 60637  
[www.uchospitals.edu](http://www.uchospitals.edu)  
Kristine Sheridan 773.702.5586  
ALLIED ONLY

## Highlighted Facility

# Central DuPage Hospital Winfield, IL



Central DuPage Hospital is a community of caregivers committed to providing excellent and compassionate patient care each and every time. Delivering the best healthcare in the best way is the foundation of their commitment. CDH is recognized nationally as a leader in technology and patient safety, and fully accredited by national and state healthcare organization. Learn more about Central DuPage Hospital at

<http://www.cdh.org>.

Medical Staffing Network is excited to share with you immediate per diem and contract opportunities available at Central DuPage Hospital, particularly in the areas of NICU, PICU, L&D, ICU, OR and PACU.

Medical Staffing Network's philosophy is "work when you want, where you want," as we're the conduit for all staffing requests for the OneSource facilities. If you're interested in working at Central DuPage Hospital please contact Julia Petersen at (630) 933-2010.

Thank you for your continued professionalism and commitment to Medical Staffing Network.

OneSource is looking for the next

## Employee of the Month!

Winners receive a **\$25 gift card** and are eligible for our quarterly drawing!

You must be working at a OneSource facility as an MSN field employee to be eligible.

### THIS MONTH'S WINNERS ARE:

#### NURSING:

##### David A., ER RN

David has been on an ER contract for me at FHN since the end of October, and has done a fantastic job there. He started off on the day shift, and when he heard that they needed additional help on the night shift starting this December, he had no hesitation to jump right in and help out on the night shift as well. David is a true team player and a great patient advocate. One of the RNs at FHN commented that "David is a very dedicated and hard worker, with an open communication style." David is very thorough with his documentation, requests assistance if needed and accepts supervision and guidance like a champ. I am so happy to have David as part of the FHN ER team and have him represent MSN – he is a true performer. Thank you for all you have done!

#### NON-NURSING:

##### Roberto C., Housekeeper

Roberto has worked as a housekeeper for UCMC since October. During his time there, he has proven to be a dependable and reliable addition to the BSD team. Roberto is always willing to help when the department is short-staffed by picking up doubles or staying past his scheduled end time. The manager is pleased with Roberto's dedication and feels lucky to have Roberto as a part of his team. Thank you, Roberto, for all you do!

Announcing our  
**Newest OneSource Location!**

Medical Staffing Network is proud to announce the  
launch of our NEW OneSource location at

**DELNOR COMMUNITY HOSPITAL**  
in Geneva, Illinois!

What does this new relationship mean for you?  
**More nursing and allied health opportunities!**

Ask your Recruiter for details.



**Delnor Community Hospital**  
300 Randall Road | Geneva, IL 60134

# Branch Updates

## Upcoming Orientations

Looking to pick up more hours? Want to try working at a different facility?  
Consider attending an orientation through MSN!

### February

312-506-8338.

Please call **866-240-9970** if you are interested:

#### Central DuPage Hospital, Winfield, IL

- PCT orientation 2/16

Contact Julia Petersen at 630-933-2010

#### Adventist

- Feb. 27th-Feb30th

Northwestern Memorial Hospital: NMH has recently seen an increase in needs for RNs who can work in the NICU or GI Lab (RNs with ICU, Tele, or PACU experience). For more information, please contact Sarah at 312-926-2667.

St Anthony Hospital: All RNs must complete a paper orientation and return it to Nick prior to working their first shifts. For more information, contact Nick at 312-506-8338.

### Ongoing

Alexian Brothers Medical Center: All RNs must complete MEDITECH Orientation, dates TBD. For more information, contact Liz at 312-506-8339.

Ingalls Memorial Hospital: On June 6, Ingalls implemented Soarian (clinical documentation system) in every department EXCEPT Emergency. RNs must attend one full-day training session to work at Ingalls along with the previously required New Employee Orientation Paperwork & MAK training (medication distribution system; can be completed at Ingalls, an MSN office, or we can mail you a CD so you can complete it at home). Future dates for Soarian orientation classes are TBD. For more information, contact Carolyn at 312-506-8335.

Mercy Chicago Hospital: All RNs must complete Web-Ex Cerner training... AT HOME! NO ON-SITE ORIENTATION REQUIRED; you may complete this internet orientation in the comfort of your own home! For more information, contact Maggie at 866-240-9970.

Mt Sinai Hospital Medical Center: Mt Sinai is in the process of putting an EPIC Orientation in place, more details to come. For more information, contact Nick at

### Monthly Survey

MSN wants feedback about YOUR experience! Each month, we will offer a short survey for you to fill out online. We want to make sure we are providing you with the best service possible, so please go online and give us your feedback. We are eager to hear what you have to say!

Take the survey here:

[http://is-nri.com/take?i=150649&h=\\_3IGGMHHf\\_6clEcZe6vsjg](http://is-nri.com/take?i=150649&h=_3IGGMHHf_6clEcZe6vsjg)



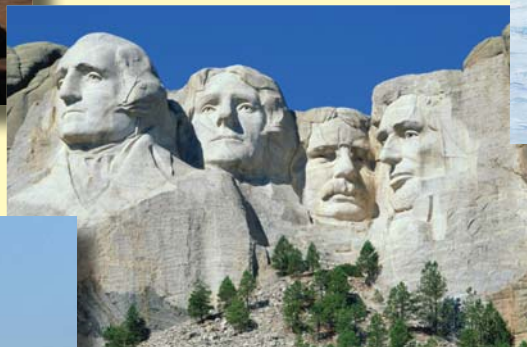


# Why Travel with MSN?

Medical Staffing Network has many exciting travel assignments across the country. We can offer nurses opportunities in just about any location they're interested in. One phone call to our Chicago number could open the door to a great travel assignment anywhere you want to go. Give us a call so we can start making arrangements today! **866.240.9970**.



**Start Packing!**  
We've got fantastic  
**travel opportunities**  
ready for you!



Why Travel?

# Nursing Industry News

## Risks: When Too Much Vitamin D is Too Much

from nytimes.com

Too much vitamin D may be just as bad as too little, a recent study suggests.

Vitamin D supplements reduce blood levels of C-reactive protein, or CRP, an indicator of inflammation that is linked to cardiovascular disease. But supplements help only up to a point.

In a study of more than 15,000 adults ages 18 to 85, researchers at Johns Hopkins University found that after blood levels exceeded 21 nanograms per milliliter — the lower end of what is usually considered normal — any additional vitamin D led to an increase in CRP.

The association held after the researchers accounted for the effects of factors like obesity, smoking, cholesterol and high blood pressure. There was also a dose-response relationship: Above 21 units, each 10-unit increase in vitamin D was accompanied by an increase of 0.06 milligrams per deciliter in CRP.

“Vitamin D is good to a certain level,” said the lead author, Dr. Muhammad Amer, an assistant professor of medicine at Johns Hopkins. “But don’t just keep on taking it. Have your blood drawn and your levels checked.”

Previous studies of vitamin D supplementation have produced inconsistent results, with some trials showing a decrease in inflammatory markers and others showing no effect. The finding that the benefit is apparent only at lower levels of vitamin D, the authors write, may help explain these conflicting findings.

The study was published online in The American Journal of Cardiology.

The original article is located here: [http://www.nytimes.com/2012/01/17/health/research/risks-when-too-much-vitamin-d-is-too-much.html?\\_r=1&ref=health](http://www.nytimes.com/2012/01/17/health/research/risks-when-too-much-vitamin-d-is-too-much.html?_r=1&ref=health)



# Fun & Trivia

## Not a love story: The St. Valentine's Day Massacre

On Feb. 14, we remember our sweethearts, our loved ones, and of course . . . the St. Valentine's Day Massacre of 1929, in which seven Chicago mobsters were lured to a garage on the north side of the city and gunned down by killers hired by notorious gangster Al Capone.

The killings erupted from a conflict between Capone and a rival gang led by George "Bugs" Moran, who was the primary target of the massacre. According to one account, Capone hired members of Detroit's infamous Purple Gang to carry out the hit. They promised Moran's crew a shipment of bootleg whiskey in order to get them to a warehouse on Clark Street.

Two of the four gunmen wore uniforms of the Chicago Police Department and drove a stolen police car. When they entered the warehouse, the gangsters inside initially believed they were being arrested. They allowed themselves to be disarmed and lined up against the wall before realizing that they were about to be murdered.

After the gunshots died out, the two uniformed killers and their two accomplices left the building, with bystanders assuming the police had carried out an arrest.

Police identified the shooters, but they were never actually prosecuted for the killing (although one did go to jail for shooting a police officer in an unrelated incident). Still, the outcry over the killings marked the beginning of the end of the Capone gang's power in Chicago, and it captured the imagination of the public for years afterward.

## February Celebrity Birthdays

1 Lisa Marie Presley (43) Pauly Shore (43)	17 Paris Hilton (30) Denise Richards (39) Michael Jordan (39)
2 Shakira (34) Christie Brinkley (57)	18 Molly Ringwald (43) Matt Dillon (47) John Travolta (57) John Hughes (61) Cybill Shepherd (61)
3 Morgan Fairchild (61)	19 Haylie Duff (26) Justine Bateman (45) Seal (48)
4 Oscar De La Hoya (38)	20 Rihanna (23) Cindy Crawford (44)
6 Axl Rose (49) Natalie Cole (61)	21 Corbin Bleu (22) Ashley Greene (24) Jennifer Love Hewitt (32)
7 Ashton Kutcher (33) Chris Rock (46) Garth Brooks (49)	22 Drew Barrymore (36)
8 Seth Green (37) Gary Coleman (43) Nick Nolte (70)	23 Dakota Fanning (17) Michael Dell (46)
9 Joe Pesci (68)	24 Billy Zane (45) Kristin Davis (46)
10 George Stephanopoulos (50) Greg Norman (56)	25 Sean Astin (40) Carrot Top (46)
11 Brandy (32) Jennifer Aniston (42)	26 Michael Bolton (58)
12 Arsenio Hall (56)	27 Josh Groban (30) Chelsea Clinton (31)
13 Mena Suvari (32) Jerry Springer (67)	28 Robert Sean Leonard (42) Bernadette Peters (63)
14 Drew Bledsoe (39)	29 Tony Robbins (51)
15 Matt Groening (57) Jane Seymour (60)	
16 John McEnroe (52) Ice-T (53)	



# Local Events

## February

**President's Day - February 20, 2012:** Because it is a federal holiday, all Chicago government offices and some businesses are closed. Most attractions and museums maintain their regular hours on this day -- however, keep in mind that because schools are closed as well, they tend to be crowded with local residents looking for something to do with the kids.

**Chicago Auto Show 2011 at McCormick Place - February 10 - 19, 2012:** The Chicago Auto Show has been taking place annually for over 100 years, and it is the largest auto show in the United States.

**Valentine's Day in Chicago - February 14:** Of course, the big holiday for couples in February is Valentine's Day. Treat your significant other with dinner at one of Chicago's romantic restaurants and a night at a luxury hotel.

**Chicago Restaurant Week - February 17 - 26, 2012:** Chicago Restaurant Week is a fantastic opportunity to get a taste of fine dining without breaking the bank, as over 130 restaurants throughout Chicago offer a 3-course prix-fixe meal at the same price.

**Black History Month:** February is officially Black History Month in the United States. A great way to celebrate than a trip to Chicago's DuSable Museum of African American History.

**Millennium Park Ice Skating** - daily, 10:00 a.m. to 10:00 p.m., weather permitting: Strap on the skates and enjoy some outdoor winter fun in the shadow of Chicago's Bean.

