



610-359-1649



PENNSYLVANIA AGENCY OF NURSES

"A Hallmark of Tradition and Service Since 1987"

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Quotes of the Month

"Life can only be understood backwards, but must be lived forwards"
-Soren Kierkegaard

"In youth we learn, in age we understand" –Von Ebner-Eschenback

"Learning is a treasure that will follow its owner everywhere"
-Chinese Proverb

**TRAINING GUIDE WINNER
for the month of July is
Desare' White**

September 2009

PAN'S SEPTEMBER BIRTHDAYS

- Janice B.
- Cynthia B.
- Martha B.
- Tyane D.
- Lucretia F.
- Myesha H.
- Danyell P.
- Danielle R.
- Tina S.

APPLE PANCAKES

- 2/3 cup flour
- 2 teaspoons sugar
- 4 large eggs, beaten
- 1/2 cup milk
- 2 cups of apples cut into 1/4-inch slices
- 3/4 cups butter
- 2 tablespoons sugar
- 1/4 cinnamon

Sift together the flour, 2 teaspoons sugar, and the salt. Beat eggs and milk together. Gradually add flour mixture; beat until smooth. Sautee apples in 1/4 cup of butter until tender. Mix 2 tablespoons sugar and the cinnamon together; toss with apples. Melt 2 tablespoons butter in a 6-inch diameter, deep fry-pan. Pour in the batter to a depth of about 1/4 inch. When set, place 1/4 of the apples on top; cover with more batter. Fry pancake until lightly browned on both sides. Keep warm.
Repeat the procedure 3 times, until all batter and apples are used. Serve immediately.

Free and Low Cost Health

Clinics for Delaware County Residents and Greater Philadelphia

Did you know that you can get low cost Health and Dental Care? We have important information that can save you money.

Look for Medical Insurance information attached.

**If you have any questions you could call
Tina Swann at PAN**

- **The Caring Foundation and Keystone Health Plan East
1-800-464-5437**
- **Chespenn Dental
(610) 497-2900**
- **adultBASIC**
- **Greater Philadelphia Health Action, Inc.
1-888-296-4742**

SEE ATTACHED INFORMATION

Client Corner (Updated)

**We all need to work together~
Communication and Cooperation
are the keys!**

- Aides are to bring their own food for appropriate mealtimes during their shift.
- You are entitled to the pink copy the time card you sign for your aide's shifts.
- **Please do not sign your aide's time card before the end of his/her shift.**
- If you need a schedule change, please call the PAN office, **NOT** your aide. All changes need to come through the office due to billing and payroll issues.
- If you decide to have your aide leave early, call the office to let us know. Your aide is not permitted to request time off from you. **All requests for time off must be through the office.**
- Aides are not permitted to drive you in their own car or use their car for any reason during a scheduled shift.
- **FOR YOUR SAFETY**..... if your aide does not show for his/her scheduled shift, or is late, **PLEASE** call our office at 610-359-1649 or PAN's On Call Coordinator, if it is after office hours, at 610-247-1380.

PAN's EMPLOYEE CONSTANT CORNER (Updated)

- PAN employees are **NOT** permitted to use their cars to drive clients anywhere during their scheduled shift.
- **ALL Call Outs** are accompanied by a warning.
- All changes in your schedule must be cleared through the office first, **NOT** with your client. You are **NOT** permitted to ask your client for time off or to leave your scheduled shift. All time off requests must be in writing and submitted at least two weeks in advance. You **MUST** contact the office.
- **NO** personal cell phone use while at a client's house.
- Time Cards are due in the PAN Office **on or before** Mondays 12:00 PM.
- Falsification of time cards is grounds for **immediate** termination.
- Call PAN office with all changes to addresses and telephone numbers.
- We must have a working phone number to reach you.
- Employees are not to accept gifts or money from clients.
- All employees are required to wear a uniform.

Eating Right When Eating on the Run

Are you always on the run? Do you never seem to have quite enough time in the day? Sound familiar? Lack of time is a major reason why many people give up eating right, but you don't have to. In fact, healthy eating is more important than ever when you're trying to keep up with a hectic schedule.

In Fast Food Places

If you find your only option is fast food, check out different menus - some fast food places have healthier choices than others. Don't be afraid to ask the manager for the restaurant's nutritional information sheet - most fast food places have them posted and pamphlets available upon request. Remember, an informed customer is a healthier customer.

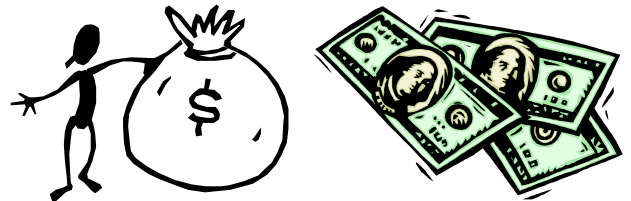
- Watch portion sizes - no need to supersize
- Seek out deli-style fast food, they make it the way you want it - healthy
- Trade in the fries for healthier options - side salad, fruit cup or veggies
- Chicken isn't always the healthiest choice - get grilled vs. fried and breaded
- Hold the mayo
- Drink water or diet soda vs. regular soda
- Be careful with salads - the dressing, bacon bits and shells they come in could mean lots of extra calories
- Skip the milk shakes
- Order non-fat milk with your coffee and skip syrups and the whip cream

In Your Office or Car

If you only have 15 minutes for lunch between meetings, don't ransack the snack machine. Be ready for a quick meal or snack by stocking your office or car with a few staples:

- Water
- Keep soup or oatmeal handy if you have a microwave at the office
- Raisins, apricots, or other dried fruits
- Crackers or pretzels
- Nuts and trail mix
- Granola bars

Keep some take-out menus from nearby restaurants in your office for when you have to work late or have a little more time for lunch. Another option is packing a nutritious lunch in the morning and bringing it with you to work.



Are you still getting a paper check each week? Why go through the hassle of going to the bank to wait in line to get your money? Set up your direct deposit so your money is automatically in your account Friday morning.