



COMPASS STAFFING SOLUTIONS
NEWSLETTER



www.compassstaffingsolutions.com

May 2007

What's Going On?

Compass is growing! We are adding some new things to try to keep everyone connected! This is our first issue of our quarterly newsletter, which will have important information, articles, and some fun trivia as well! As you read through each newsletter, please provide us with your feedback on the current issue as well as what you would like to

see in future issues. Also, feel free to send pictures, comics, or any information you may find interesting that you'd like to share with us! Another way to stay connected is our new message board that we have up and running. We are also in the works of revamping our website, so take a look and let us know what you think!



Upcoming Birthdays:

- Stephanie James 6/14
- Kimberly Florenzano 6/21
- Donna Harris 6/25
- Claire Dalton 7/6
- Jennifer Dennis 7/10
- Edward Carson 7/14
- Christine Clark 7/25
- Kara McQueeney 7/27

Where can you find us?

- PT CSM 2008—Nashville, TN
February 6-10, 2008
- AOTA 2008 Conference and Expo—Long Beach, CA
April 10-13, 2008

Past Events

APTA's CSM 2007 sets a new record for attendance and Compass was there! Despite an ill-timed Winter Storm, it was an overwhelming success! **Over 6,200 attendees "braved the weather" and flight delays to make it to Boston.**



Websites and contact information for CEU's

<http://www.crosscountryeducation.com>

INR (Institute for Natural Resources)
 E-Mail: info@inrseminars.com

<http://www.glseminars.com/>

<http://www.rehabedge.com/index.asp>

<http://www.educationresourcesinc.com/>

<http://www.edlantis.com/shop/customer/>

<http://www.speechdynamics.com/seminars.html>



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"A lot of people have gone further than they thought they could because someone else thought they could."



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Compass Message Board is up and running!

We are excited to announce that we have a message board online ready for you to sign on and start communicating! All you need to do is go to <http://forum.compassrehab.com> and sign in. There are some topics already up there for you and would like for everyone to start chiming in and sharing their thoughts on the current topics as well as start some new ones. We would like to hear about different diagnoses, new treatments, new courses, or just general information worth sharing with everyone. If you have not received your sign on information, contact your recruiter and they can set you up. Network Today!

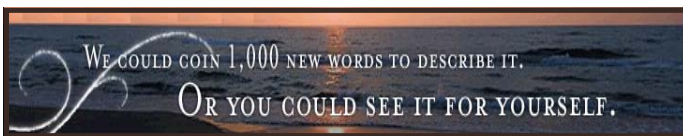


Whether it's the hospitable

weather or the wealth of sports, entertainment, and recreation, **TEXAS** is the place to be. Ongoing needs for all disciplines in all areas of the state. Many big cities to choose from!

Texas is internationally known for its energy and aeronautics industries, and for the ship channel at the Port of Houston—the largest in the U.S. in international commerce and the sixth-largest port in the world. The state is home to numerous Fortune 500 companies and has the second-largest economy in the United States. The Texas Medical Center contains the world's largest

"If you don't set goals for yourself, you are doomed to work to achieve the goals of someone else."-Brian Tracy



Fun Corner

Our question for you!

Why can't you tickle yourself?

Please post your answers in the "Miscellaneous" section of our online message board.

We will publish the best answer, if there is one, in the *Fun Corner* of the next newsletter!



Playlist

1. Donovan Chapman— All I Need
1. Justin Timberlake— Summer Love
2. George Strait— Give it Away
5. Travis Tritt— You Never Take Me Dancing

Please Send Us Your Feedback/Pictures/Info: forum@compassrehab.com



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Map Your Walk With Google (www.mapmyrun.com)

If the smell of spring in the air has whetted your appetite for getting outside with your workout program – whether you walk, run, or cycle, the program from Google called “Map My Run” may interest you. You must have “Google Earth” downloaded on your computer

“Map My Run” allows you to identify a specific address from which your workout begins and by ‘clicking’ on various points along your workout route, the program identifies mileage for the workout. By entering information (age, sex, height, weight, and the time of your workout) the program will calculate the averages for your pace, speed, and calories burned.

You can save your workouts and build a training log that contributes to scheduling future workouts. The program is not limited to local geographies. It allows you to calculate distances almost anywhere in the world you choose to exercise.



Tingly Fruit Salad

- 1 pt. raspberries
- 1 pt. blueberries
- 1 small honeydew melon
- 1 small cantaloupe
- 2 tsp. sugar
- 1/2 cup fresh mint leaves (optional)

Directions

Rinse the raspberries and blueberries, and allow time for them to dry thoroughly. Seed and cube both melons.

In a stainless steel or glass bowl, toss together the berries, melon and sugar. (Of course, you can add or substitute other fruits, but keep in mind that fruits like bananas, pears and apples oxidize quickly and will discolor.) Cover and refrigerate for 3 hours.

Right before serving, wash the mint leaves and use scissors to snip them into small pieces. Toss in with the fruit.

Serves 8.

Beam Me Up Banana Smoothie

- 2 bananas (frozen)
 - 1 cup of strawberries
 - 1 cup of vanilla rice milk
 - 2 cap full of Vanilla Extract
 - 4 tablespoons of Grade B Maple Syrup
 - 1/10 teaspoon of nutmeg
- Place all ingredients in blender, mix and drink.





Compass is pleased to offer a great benefit—Working Advantage! With Working Advantage, you can save up to 40% on movie tickets and up to 37% on BLOCKBUSTER® movie rentals nationwide. Working Advantage also offers incredible discounts on Broadway Theatre, theme parks, sporting events, family events, online shopping, gift certificates, seasonal ski tickets and more!

Entertainment

Save on movie tickets, museums, zoos, attractions, aquariums and more. Whether you're taking a vacation cross country or planning an afternoon at your favorite local theatre, Working Advantage can get you into some of the best hot spots for up to 40% off the regular ticket price.

Theatre & Events

From Tony Award®-winning Broadway shows to the circus, from concerts to baseball games, Working Advantage has a huge selection of theatrical productions, family events and sporting events nationwide. Take a date or take the family to some of the country's most exciting shows and games!

Shopping

Working Advantage has partnered with some of the most respected online vendors in the country to bring you excellent discounts on apparel and accessories, books and music, electronics, flowers, gourmet food, office supplies and more! Each vendor is selected for exceptional quality and value. Take advantage of online shopping savings today!

Gifts

Have a birthday, wedding or anniversary coming up? Send a gift without breaking the bank when you purchase through Working Advantage. Shop online at select vendors or purchase Broadway tickets, movie tickets, rental coupons, gift certificates, ski tickets and more for that special someone.

Advantage Points

Earn rewards while you save! Look for the Advantage Point symbol when you purchase online at www.workingadvantage.com and earn points that can be redeemed for a variety of products, including movie tickets and gift cards. Plus—when you register your individual account online, we jump start your point balance with 100 bonus Advantage Points to welcome you to the program!

Register for your free account today!

- 1 go to www.workingadvantage.com
- 2 click on **Register** in the orange box at the top of the page
- 3 click **Employees Click Here**
- 4 enter our **Member ID #** (contact HR for this number) and create your account with your email address and password of your Choice
- 5 take advantage of online offers immediately!