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APR-MAY 2009

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## New Season, New Things

Whenever I think of Spring (as in, season), the word 'new' comes to mind – new beginnings, new wardrobe, renewed growth. That's because in a city like New York, people get excited about seeing blossoms on trees, being able to go for a run without multiple layers on, and being able to exchange woolly sweaters for pretty new spring dresses (although I'm not quite certain the men would feel the same about that last item).

Here at JUNO, we have been experiencing some new things ourselves. Starting May 2009, JUNO's website will have been completely renovated and upgraded (pg 4-5). In fact, it's a new website altogether, with added features such as user log in and online chat. With the new website, nurses can log in, fill out an application, upload their credentials, and view available job/shift openings. In the same way, facilities can also log in and view the pool of nurses available to see if there's a nurse that matches their needs. With technology constantly changing and innovating, we felt it was high-time for JUNO to do the same.

Another 'new thing' on our plate is home care (pg 8). Back in January, JUNO New Jersey launched the Homecare Division and Concierge Services, an exciting venture that we hope you'll take advantage of. So if you happen to need help with your spring cleaning, now you know who to call.

Don't forget to check out the new website!

**Editor**

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## JUNO President on his 2nd Year in Harvard

*...and his pursuit for the best of both worlds.*

By James Cai

Armed with new insights from the world's most prestigious business school, DR Teodoro gathered his staff one winter afternoon to share strategic concepts on management and marketing. He discussed important points on how JUNO can weather the current crisis and achieve growth this year. With some key managers attending the close door session, he laid down a framework on how JUNO will achieve the next level of corporate success towards someday becoming a leading player in the healthcare industry.

He held the key meeting a week after completing his second year as an Executive Education student at the world's richest and most influential school for business education, the Harvard Business School. DR Teodoro was studying alongside successful business owners from 30 countries across a wide range of industries with the whole batch having a cumulative work experience of at least 1000 years. This great depth of skills and knowledge makes the class an amazing pool of business wisdom. Another factor that makes the course, called the Owner/President Management Program (OPM), invaluable is that these businessmen are very much involved in the day to day operations of their enterprise.

A typical day in Harvard for DR begins as early as 5 AM, which he aptly starts with his daily devotions and morning exercise. He then reviews on the materials their class is studying before having breakfast. Next would be a discussion group with some of his classmates, exchanging thoughts and analysis on the topics before them. After small group discussion, the plenary session begins where heated and passionate discussion on challenging business cases ensues. These sessions lasts until the afternoon with discussion groups continuing



after dinner until past midnight, where program participants dissect, analyze and provide solutions to problems they find in their case studies. A priceless insight DR learned from this intensive learning experience is very much in tune with today's market environment.

Sharing it in the context of the economic crisis and how businesses should respond, DR says that "disruption (referring to the crisis) in business operations forces you to be creative and flexible for you to make adjustments to meet your goals. You need to squeeze the creative juice out of you in order to craft a business model that would effectively respond to market changes and manage the resulting complexities."

Harvard is the oldest institution of higher learning in the United States, with its business school as the most funded of its kind in the world. The university motto Veritas, is the word "truth" in Latin, and it is this passionate desire to discover truth that the school imparts to its students. Such intent and the mesmerizing charm of the truth is what, according to DR, seduced him into studying in Harvard. Relating it to business, he says, "In marketing management, everything is perception, although perception is not always the reality and the reality may not

always be the truth (veritas)." The JUNO leader's desire to align perception, reality and truth and properly identify them with absolute accuracy is what inspires him to learn more about business and life.

A man of great stature and accomplishment in both the business and social sector: Founder and President of one of the fastest growing companies in America, alumnus of the prestigious Wharton School of the University of Pennsylvania, member of the Wharton Club of New York and Wharton Non-Profit and Social Impact Affinity Group, a Chicago Filipino American Hall of Famer in the field of Humanitarian Leadership (2007), awarded as one of the Twenty Outstanding Filipinos Abroad (2008) and most recently, recipient of the Outstanding 50 Asian Americans in Business Awards (2009). It makes us wonder why his pursuit for knowledge is unending. DR shares that "The more I learn, the more I realize I need to gain more knowledge." Dante Raul "DR" Teodoro's desire to lead a successful personal and professional life, reach new heights in business and his unquenchable thirst for knowledge, all while being on track to receive a second Ivy League diploma, is what drives the JUNO President's pursuit for the best of both worlds.

# junohealthcare.com 2.0

Your interactive gateway to healthcare opportunities online.

How JUNO is leveraging technology to deliver on its promise of putting people first.

By James Cai

The new website of JUNO Healthcare Staffing System, Inc. will go live on May 31, 2009 featuring an overhauled design, transformed lay-out, a soon to be released online job database and candidate search function. junohealthcare.com provides easy navigation, comprehensive information and visually appealing graphics that make your online search for a new career or a new healthcare professional productive and convenient. In line with the company's slogan of putting people first, the updated online entity was designed to serve the needs of healthcare career seekers, executives and administrators.

## EYE-FRIENDLY SITE DESIGN

The website has an eye-friendly design that doesn't require you to drag and scroll over voluminous amount of text to find what you need. The homepage allows you to navigate all links including the inside pages of the main sections. The left-hand corner of the site provides immediate access to the latest positions open for nurses, therapists, allied health professionals and homecare providers. It also leads to a database that facility managers and HR directors can use to conveniently do their staff search. The three major links on the top navigation panel features three gateways on what JUNO can do for you as a healthcare or homecare professional, executive or corporate staff applicant.

## ONLINE ACCESS TO CURRENT JOB OPENINGS

For healthcare professionals, the soon-to-be-released Career

Opportunities section allows you to view an up-to-date list of available job openings, which you can search depending on the type of profession, assignment and state. There's also a dedicated section for foreign-trained nurses seeking career opportunities in the United States. Career seekers can upload a resume online and apply for their desired position. You can even opt to be notified of any new openings through a job notifier feature. A section is also available for administrative, management, finance and marketing personnel who wish to apply to one of JUNO's five offices nationwide.

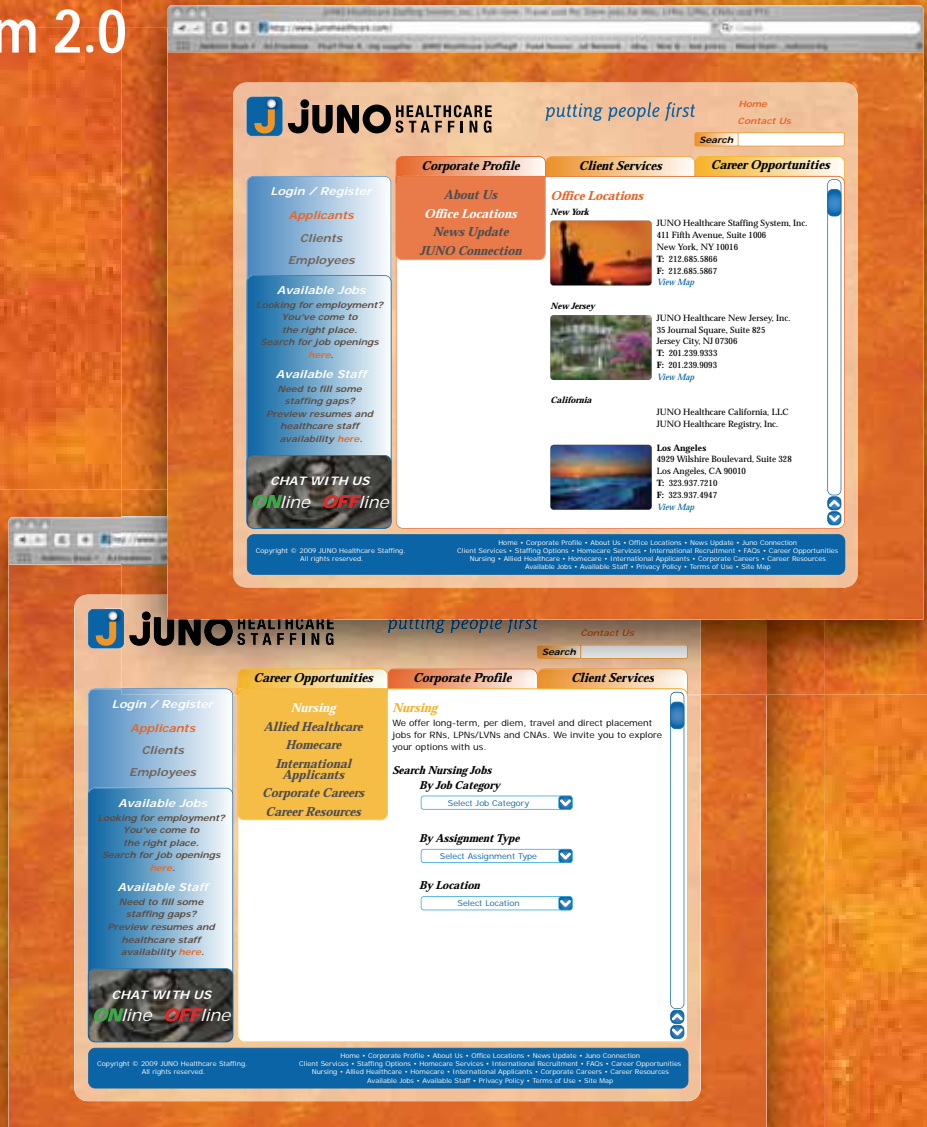
Inside the Career Opportunities section is the Career Resources page where you can find useful links when preparing for a licensure exam, applying for certification or taking a review course. The page has a list of helpful

sites from nurses associations to state boards, review centers and foreign nurse services, amongst others. Links to healthcare career-oriented articles, blogs and related resources will also be posted on this page.

Homecare providers can also find available positions from JUNO's New Homecare Division by clicking on the Homecare link. From there, they can start applying as a companion/sitter, caregiver, homemaker and concierge.

## ONLINE REVIEW OF AVAILABLE CANDIDATES WITH THEIR SPECIALIZATIONS

For healthcare executives, administrators and prospective homecare clients, the website lets you review information of available nurses, allied health professionals, therapists and homecare providers. Information





JUNO's most important guidelines when delivering services and handling day-to-day operations. For researchers and media personnel, this site gives you all the data necessary to complete your report. It will also have press releases from our communications team regarding company updates and other new developments.

**DETAILED SERVICE MENU AND PAYMENT SYSTEM OF JUNO'S NEW HOMECARE DIVISION**

Inside the Corporate Profile section is the New Homecare Division page which presents the services that JUNO's new service brand offers. You can learn of the brand's various homecare service offerings intended to help you free up the time you need by delegating personal tasks to their certified and trained homecare providers. This page also has a payment system for clients to use when availing of the services from the division such as companionship and sitting, personal care, specialty care, homemaking and concierge assistance.



**USEFUL REGULAR UPDATES AND ACCESS TO JUNO CONNECTION**

The site is updated regularly with new job postings, candidate profiles, healthcare news, immigration updates and new career development resources. JUNO CONNECTION, the company's flagship newsletter is uploaded on the website as soon as every new issue comes out, making it available for download anytime of the day for junohhealthcare.com visitors. Plans to create an online newsletter for healthcare workers and executives are also in the works. These are initiatives that JUNO is implementing to make the company more in touch with all its stakeholders.

provided in the Available Staff database includes the candidates' location and specialization. It gives you an idea of the available manpower that JUNO has. From a control panel requiring log-in, you can add new job requests which goes directly to our offices. These requests will be accommodated immediately and will be posted on JUNO's Available Jobs section as soon as the request has been reviewed. In the Client Services section, you'll know of the Staffing Options for healthcare professionals and homecare providers and see an in-depth overview of the company's international recruitment process. There is also an FAQ page which gives quick answers to the most common inquiries made regarding healthcare staffing.

**LIVE CHAT FUNCTION FOR REAL**

**TIME INTERACTION**

junohhealthcare.com has a live chat function that puts you in contact with a real person for concerns you may have regarding an application, staffing requests or questions you need answered that can't be found in the FAQ section. If live chat is offline, you can leave a message and a response will be sent to you via email.

**COMPREHENSIVE COPORATE INFORMATION**

The website also contains updated corporate information on JUNO Healthcare, including contact information of its offices in New Jersey, Los Angeles, San Diego, Arizona and New York. The About Us page in the Corporate Profile section shares the vision, mission and philosophy of the company. Those three statements are

**REACHING OUT TO AS MANY HEALTHCARE PROFESSIONALS AS POSSIBLE**

"Our goal is to reach out to as many healthcare professionals as possible, delivering the information they need to make the right career decision," declares Dulca Badillo, *continued on page 6*

# Immigration updates

By Stephen Taala

USCIS issued Memo regarding AC 21 issues

## ON PROCESSING OF H-1B PETITIONS UNDER THE EXTENSION PROVISION OF §106(A) ALLOWING EXTENSION PAST THE H-1B 6 YEAR LIMIT

**Question 1.** When an alien would otherwise be eligible for an H-1B extension, is it necessary to first file a Form I-129 requesting an extension of time to allow the beneficiary to complete or nearly complete the initial 6 years, and then file an additional Form I-129 requesting an extension of time beyond the 6 years?

**Answer:** No. Section 106(a) of AC21 allows an alien to obtain an extension of H-1B status beyond the 6-year maximum period, when: 365 days or more have passed since the filing of any application for labor certification, Form ETA 750, that is required or used by the alien to obtain status as an EB immigrant, or 365 days or more have passed since the filing of an EB immigrant petition. Once these requirements have been met, the alien may be granted an extension beyond the 6-year maximum on or prior to the date the alien reaches the 6-year maximum. Such extensions may only be granted in one-year increments, but may be requested on a single (combined) extension request for any remaining time left in the initial 6-year period. Requiring the filing of two extension petitions merely increases petitioner and CIS workloads, and has no basis in statute. In no case, however, may the total period of time granted on an extension exceed a cumulative total of 3 years. 8 CFR 214.2(h)(15)(ii)(B)(1).

**Question 2.** How early can a request for an H-1B extension beyond the 6th year be filed?

**Answer:** The April 24, 2003 guidance memorandum is modified in the following manner: a petitioner must establish that the above criteria (see Question 1 outlining requirements under Section 106(a)) were or will be met either on or before the requested start date on the H-1B extension application. Thus, an alien is eligible for an extension of H-1B status beyond the 6th year as long as either the qualifying labor certification application or I-140 petition has or will have been pending for at least 365 days prior to the alien's requested start date, regardless of whether the H-1B extension application was filed prior to the passage of such period. If the alien would no longer be in H-1B status at the time that 365 days from the filing of the labor certification application or immigrant petition has run, thus leaving a gap in valid status, then the extension of stay request cannot be granted.

**Question 3.** Does a timely and non-frivolous I-140 appeal pending at the AAO allow an alien to request an H-1B extension beyond the 6-year

*continued on page 12*

## junohealthcare.com 2.0

*continued from page 5*

JUNO's Corporate Planning Manager, who led the team that created the site. The website was designed to make it easier for any aspiring healthcare worker, or anyone looking to change careers to get the information they need to find their ideal job in the industry.

The new site is a fusion of a well-designed corporate site and a highly useful online healthcare jobs board. Dulca added that "we (JUNO) are transforming junohealthcare.com into a portal where applicants, clients, and even existing employees can create their personal accounts to do things like apply online, make a staffing request, upload an updated resume, and a whole lot more." Aside from having a lot of company information, details on its hiring process and available positions, the site's main purpose is to provide focused interaction with its visitors to efficiently assist them in finding a job or candidate at the soonest possible time.

## LEVERAGING TECHNOLOGY TO CONNECT WITH JUNO'S MOST IMPORTANT PARTNER...YOU!

JUNO is committed to making the website a useful gateway for healthcare opportunities and services on the web. However, the company knows that technology is not an end in itself. It is an important means to connecting with its most important partners in business. It is a vital tool in reaching out to the people who have made it one of the fastest growing companies in the USA last year. It is an entryway to meet the future healthcare professionals, executives, homecare workers, clients and corporate employees who will bring the company to new levels of growth and achievement. In short, junohealthcare.com is the company's way of leveraging technology to connect to you.

In line with the company's goal of promoting career excellence for its corporate staff and healthcare workers, as well as total client satisfaction for its clients, the website is a way for them

to deliver high-quality information that will guide you in your decision-making. Whether it's deciding on what job to get, where to work in your field or what type of staffing option from which you can choose, junohealthcare.com is designed to help you make the right decision.

The ever-changing needs of JUNO's stakeholders and the evolving approach in keeping in touch with company partners, clients, employees and associates are just a couple of reasons why JUNO re-designed its new website. By capturing your attention with straightforward and appealing web pages, JUNO hopes to deliver to you the ideas and resources in the most effective way. Using the world's most powerful medium for information exchange, typing <http://www.junohealthcare.com> in your browser connects you to an organization that understands your needs and is ready to help you reach your objectives. In this way, JUNO is keeping its promise of putting people first.

## Direct placement service launched

*In these tough financial times, JUNO Healthcare Staffing keeps its commitment to client facilities by providing a staffing solution that would keep their expenses at a minimum and increase their bottom line.*

By D.B.V.

JUNO Healthcare Staffing clients can now bank additional money off of their recruitment expenses by signing a direct placement contract.

What is it? How does it differ with other staffing solutions that JUNO Healthcare offers?

Direct placement service gives facilities an option to hire healthcare professionals without doing the rigorous recruitment process. Unlike long-term, per diem, and travel services agreements wherein healthcare professionals remain as JUNO Healthcare's employees, under direct placement, the healthcare professionals become the facility's employees. It's simple. JUNO Healthcare recruits. The client facility hires.

By signing a direct placement contract with JUNO, a facility outsources its recruitment function. Therefore, it can save on:

- Advertising expenses.
- Salary and benefits of an in-house recruiter.
- Time spent on pre-screening and credentialing.
- Administration of the whole recruitment process.
- Processing of immigration papers for international recruits.

More than the savings, the facility can also focus on its core business,



which is providing direct patient care.

### **Quality of Healthcare Professionals**

To guarantee hiring of qualified healthcare professionals, JUNO gives its client facilities a chance to interview and screen them prior to hiring to see if they are the right people for their organization. JUNO will not stop recruiting until they find the right healthcare staff the client facilities are looking for.

For facilities that also hire international recruits, JUNO Healthcare also invites their representatives to join its recruitment trips so they can personally select applicants before processing their immigration papers.

### **International Recruitment**

JUNO Healthcare Staffing supplements its local recruitment efforts by also recruiting foreign-educated healthcare professionals. A dedicated department with staff who are trained to process immigration papers and assist in licensure requirements work side-

by-side with international recruits to make sure that they are legally eligible and professionally qualified to work in the US before endorsing them to client facilities.

The launching of the direct placement service is JUNO Healthcare's way of adapting to the changing economic environment. It is also a means to strengthen its partnership with its clients. Through the direct placement service, JUNO is able to create a win-win situation for the company and its client facilities.

To learn more about JUNO Healthcare's direct placement service and start saving on recruitment costs, facilities may contact a Marketing Specialist from any of the following JUNO offices. In NY, you may call (212) 685-5866; NJ – (201) 239-9333; Los Angeles – (323) 937-7210; San Diego – (619) 299-3100; and AZ – (602) 274-2000. Or e-mail [juno@junohealthcare.com](mailto:juno@junohealthcare.com) and visit them at <http://www.junohealthcare.com>.

## A new class of homecare providers

*First formal training for caregivers held by the New Homecare Division of JUNO Healthcare New Jersey.*

By James Cai

JERSEY CITY, NJ- It was the first step in JUNO Healthcare New Jersey's goal of professionalizing the homecare industry. Candy Araneta, JUNO NJ's OIC, together with her team held the company's first formal training for caregivers in their Journal Square office last March 20, 2009. It was an event aimed at equipping experienced and beginner caregivers with the skills and knowledge to become a certified and professional JUNO homecare provider.

The seminar provided practical knowledge on handling one's patients and communication techniques for various types of clients. Topics discussed include the scope of the

care-giving practice, a caregiver's job description and the role of direct care. Candy's lecture on the principles of caregiving included sessions where attendees participated in demonstrating various approaches in dealing with patients. There was also a question and answer portion as well as a written exam at the end, to check attendees' understanding of the lessons discussed. At the end of the event, JUNO Healthcare Staffing CEO, Nonette Teodoro, dropped by to check on the students and to hand out certificates of completion. NT thanked the attendees for coming and expressed her faith in their ability to do a good job for their future patients.

Erika Mendoza, a healthcare professional for two years and one of the attendees, said that the training was concise and effective and served as a refresher course for those who have not been in school for a long-time. Another participant, an experienced Filipina

caregiver with more than ten years of homecare experience told us of her satisfaction with the event because it's the first time she went to a class that discussed in detail the best practices in her field. A number of other participants also expressed their gratefulness to Candy and NT for having such a class and informed them of their desire to attend future sessions.

The basic care class held by JUNO NJ is the first training program of the New Homecare Division, the newest service brand of JUNO Healthcare. The division provides efficient ways for private clients to access non-medical homecare services. Services offered include companionship and sitting, personal care, specialty care, homemaking and concierge services. For more information on any of their services or to apply as a homecare provider, you can call JUNO Healthcare New Jersey's office at 201-239-9333 or visit <http://www.junohealthcare.com>



## JUNO Welcomes Anthony King

*JUNO's new nurse from the Philippines hopes for stability and considers the company's service as **MAGNIFICENT!***

By James Cai

In these tough economic times, a dream would not be riches nor fame, but financial stability. It's no surprise that a patient, focused and determined individual by the name of Anthony King would aspire for the same thing. King is a new JUNO nurse who arrived from Manila, Philippines last March 20, 2009. He is currently in the process of being placed in one of the company's client facilities in New York and is now waiting for the arrival of his green card.

Anthony graduated 15 years ago from Fatima College, finishing up a Bachelor's Degree in Nursing. He recalled that it was his cousins, now all based in the US, who encouraged him to take the course because of the opportunities it can offer. He took their advice and under the guidance of what he calls "terror teachers", who happen to be recognized authors on nursing in the Philippines, he received his diploma. Although he did pass and complete the program, working in a hospital and serving patients didn't become his career, at least for the next nine years. He worked as a Marketing Consultant for a multi-national automotive company and served as a Councillor in one of the districts of the Bicol region for six years.

Asking him why he decided not to pursue nursing immediately after college, he said that there weren't opportunities when he graduated. It was only in 2003 that he was able to practice nursing again after deciding to apply to a private hospital. While waiting, he served as a volunteer in a public hospital in the Philippines. He worked for six months as a volunteer



before becoming a full-time nurse in the facility of his choice. In 2005, two nurses who were sponsored by JUNO introduced him to the company. He took his chance and worked with the company's Immigration Services Section to complete his papers and file for his working permit. Last year he was called on by the US Embassy for interview for his immigrant's visa and was approved. JUNO then, a few months after approval, brought him to New York so he can finally begin his nursing career.

Talking about his working

relationship with JUNO, Anthony discussed how accommodating the company was with regards to his application. He mentioned how he received constant updates on the status of his application and how he appreciates the support of the company. He also said that he would definitely refer people, applying for a healthcare position, to JUNO because of the tremendous assistance he has received. When asked how he would summarize in one word his overall experience with JUNO, he said that it was...MAGNIFICENT.

## Center for Continuing Education

*Reprinted with permission from www.nurse-education.org.*

Continuum Health Partners is the umbrella organization for 5 top ranked NYC hospitals, Beth Israel Medical Center, St. Luke's Hospital, Roosevelt Hospital, Long Island College Hospital and the New York Eye and Ear Infirmary.

It also supports 2 nursing schools, Beth Israel's Phillips School of Nursing and The Long Island College Hospital School of Nursing; the Doc's Medical Groups and the Center for Health and

Healing.

The hospitals are full-service teaching centers for medical schools and the two nursing schools. In conjunction with our philosophy as a teaching and research institution, Continuing Education for our nurses and other health care professionals is a top priority.

The Center for Continuing Education is an approved provider by the NYSNA for RN contact hours. Traditional and complementary programs are offered to meet the educational needs of nurses at the bedside and in leadership

roles. In partnership with the Beatrice Renfield Center for Nurses, continuing education opportunities range from the clinical to the alternative, from caring for others to self-care and protection.

Some of the sample courses they offer are:

### **Critical Care Course May/June 09**

The focus of this intensive course is the assessment and management of the critically ill patient, with an emphasis on the identification and integration of patho-physiological data into critical thinking and decision-making.

Dates: May/June 2009

### **Hypnosis for Pain Management**

The benefits of utilizing hypnosis techniques in healthcare are limitless, for both the provider and the patient. This workshop is designed to give any healthcare provider a basic overview and a working knowledge of hypnosis.

Dates: April 20, June 8, Sept 14, Dec 7, 2009

### **18 Hour Curriculum to Support the Ten Steps to Successful Breastfeeding**

Specifically designed for nurses, registered dietitians, midwives and certified lactation consultants who work with moms and babies.

Dates: May 27, 28, 29, 2009

We also provide interactive, streamed online presentations of the NY State mandated courses. These programs are real presentations of the live class as opposed to text-based readings. They are followed by the ability to print your certificate on the spot!

Feel free to browse the site and register for courses. We encourage your feedback and requests. For more information, visit website at <http://www.nurse-education.org>.



# From New York, with love

By May Grachelle Cruz

It is typical for Filipinos working or living outside the Philippines, whether in the US, Europe, Australia or Asia, to send “balikbayan” boxes to their families, loved ones and friends. These boxes are commonly filled with lots of “imported” and staple products such as canned goods, bath items, clothes, bags, perfume, chips, chocolates, etc. This generosity of Filipinos to regularly send boxes to the Philippines monthly, bi-monthly or once-a-year has become a tradition and part of our lifestyle. Filling up the boxes with “padala” (to send items) gives the sender a certain fulfillment that comes from generosity or sharing one’s fortune.

Foundation for God’s Glory (FGG), like Filipinos in the US, is also eager to extend to our “kababayan” (fellowmen) the blessing of God’s love and compassion. FGG’s mission is to give back (balik) to our nation (bayan) whatever help or fortune we can offer, to better the economic condition of our fellowmen.

In line with this, on March 7, 2009, FGG started its new Feeding Center at The Word Baptist Church (TWBC) in Camarin, Caloocan City. Purposely scheduled to be a weekend activity, this program is feeding 100 underprivileged children with healthy lunch meals every Saturday, coupled with fun and value-enriching activities.

It was in December 2008 when FGG first extended their boxes of love by giving Christmas gifts to 100 children in Camarin through TWBC. After that compelling event, FGG chose TWBC to be one of its new feeding centers for 2009, not only to continue the joy of the jubilant recipients, but also to extend God’s love to the deprived children of this community.

Camarin is the second largest district north of Caloocan City, which has become a dwelling place to a lot of people who don’t have residential



properties of their own. The population is comprised of original residents, government-relocated citizens or unlawful tenants hoping and waiting for unclaimed land in the area. Much of the area is still open land, though a lot of residential subdivisions and resettlement sites have emerged these past years. Because of this, Camarin maintains a sort of rural ambiance, comparatively more laidback than the lifestyle of Manilaños.

The Word Baptist Church (TWBC), a 23-year old church, is a house of worship, an institution, a hiding place, and a refuge to all kinds of people in Camarin. Pastor Tony Rillorta, the pastor (and my godfather), faithfully reared the body and diligently grew the church to accommodate extension class programs and other ministries that benefit the community. His daughter, Vangie Rillorta, who is the contact person and coordinator

for this feeding activity, together with other mothers and youth in the church are volunteering their service to assist feeding and teaching the children. Hand in hand, everyone is a part of the mission to change lives and transform communities one at a time.

Personally, it is a great joy and honor to know that being part of FGG means being able to help direct support to my childhood church. That is why this Feeding Program is so significant to me because looking back, I was one of these children, nurtured and nourished through the volunteer acts and ministries of various people in the church and in the community. So just like the “balikbayan” boxes that Filipinos send to the Philippines, FGG’s fair share of boxes filled with love and support to alleviate hunger is sent monthly to TWBC in Camarin, Caloocan City, from New York, with love!

# Sacroiliac joint pain

## Causes and relief



By Dr. Andrew Maciak

### What is Sacroiliac Joint Pain?

The sacroiliac joints (SI) (there are two, one on each side of the pelvis) are the link between the spinal column and the pelvis.

They help absorb shock, and help stabilize the body and transmit weight to the legs. Sacroiliac dysfunction is a separate condition from low back pain. However, SI joints dysfunction is often implicated as a cause of back pain.

### What causes SI Joint Pain?

Sudden trauma, slips and falls, or sudden unexpected movement may be the primary cause of SI pain. However, in many cases a faulty posture aggravated by occupation or bad postural habit can build up pressure up on the SI joints for years before any obvious discomfort is noticed.

### How do I know I have SI Joint problem?

Only a qualified healthcare professional can locate the source of the discomfort you are experiencing. If

traumatic injury (fall, car accident, etc.) has been ruled out in your case, and the pain seems to lessen when you're lying down and not moving, or the pain seems to spread to other parts of the body (thighs, buttocks, groin, leg, etc.) If it causes you to limp, if it hurts to turn over in bed or get up from the chair, etc., you may have an SI joint problem.

### How can my doctor help me?

Depending on the diagnosis of your condition, your chiropractic physician has treatment program to help relieve your pain, stabilize your posture, and restore normal function of your SI joints.

The following are just some of the treatment protocols your chiropractic physician might pursue:

- Stabilization of the affected joints for proper alignment.
- Exercise program to build muscle strength and joint stability.
- Back support when sitting or sleeping to help promote comfort and proper spinal/pelvic alignment.
- Use of foot orthotics to compensate for leg length inequality.

As always, speed and extent of recovery vary among individuals. Often it took time before your condition become



obvious. Do not get discouraged if improvement is slow. It will take time for full normal unrestricted activities to return, and your program may require a continuing prevention program and maintenance treatment visits.

## Immigration updates

*continued from page 6*

limit?

**Answer:** Subject to regulatory modification, as long as a decision may be reversed on direct appeal or certification to the Administrative Appeals Office (AAO), USCIS will not consider that decision final for this purpose.

**Question 4.** Should service centers or district offices deny a request for an H-1B extension beyond the 6-year limit where the labor certification was filed over 365 days ago, has been approved, but the I-140/I-485 has not yet been filed?

**Answer:** No. Until further guidance is published, a request for an H-1B extension beyond the 6-year limit should not be denied on the sole basis that an I-140 petition has not yet been filed.

**Question 5.** Should service centers or district offices deny a request for an H-1B extension beyond the 6-year limit where the labor certification or immigrant petition from an employer who is not the H-1B petitioner was filed for the beneficiary more than 365 days ago?

**Answer:** No. The statute does not require that the labor certification or immigrant petition must be from the same employer requesting the H-1B extension.

**Question 6.** Are H-4 dependents eligible for an H extension beyond the 6-year limit?

**Answer:** Yes. H-4 dependents are eligible for an extension of their H-4 status beyond the 6-year limit provided they meet the H-4 requirements and based on the principal (H-1B) alien's eligibility for an H-1B extension beyond the 6-year limit. This includes cases where the dependent may have held another status prior to becoming an H-4 dependent. However, in order to qualify for an H-1B extension beyond the 6 year limit year of their own H-1B status, the alien must meet all the requirements independently of their H-1B spouse's eligibility for a 7th year extension.

**Question 7.** Must an alien be the beneficiary of an approved I-140 petition in order to qualify for extension of H-1B status beyond the 6-year limit based on §104(c) of AC21?

**Answer:** Yes. Consistent with prior USCIS guidance on this subject, an approved I-140 petition is required in order for an alien to qualify for an extension of H-1B status beyond the 6-year limit under § 104(c).

# Welcome to JUNO Healthcare

Vivian Garcia

Eric Neba

Valencia Robins-Davis

Zahra Taheri

## Nurse quote of the month:

*The power of love to change bodies is legendary, built into folklore, common sense, and everyday experience. Love moves the flesh, it pushes matter around.... Throughout history, "tender loving care" has uniformly been recognized as a valuable element in healing.*

Larry Dossey

## REQUIREMENTS CHECKLIST FOR RN & PT APPLICANTS

- Updated resume
- Diploma from your country of origin
- Transcript of records
- Birth certificate, yours and dependents' marriage certificate (if applicable)
- 3 copies of 2 x 2 ID pictures
- Board certificate and board license (PRC ID)
- Passport / US visa (if applicable)
- TOEFL / IBT or TSE / IELTS results
- Employment and training certificates
- NCLEX result or CFGNS certificate for RNs or NPTE result for PTs

## Happy Birthday!

## April-May celebrants



**9apr**  
Indramani P.

**15apr**  
Edwin C.  
Florabel M.

**18apr**  
Maria Nena M.

**19apr**  
Anna Kathrina N.

**23apr**  
Felicidad B.

**24apr**  
Esther A.

**27apr**  
Nadia D.

**2may**  
Mia Bliss R.

**6may**  
Leo C.

**7may**  
Chester M.  
Eufrocina R.

**10may**  
Marilou S.

**11may**  
Valjun A.  
Minelli Clarissa C.

**14may**  
Jeanette M.

**17may**  
May Grachelle C.

NCLEX quiz for RNs

# Sample NCLEX practice exam

1. What's the first intervention for a patient experiencing chest pain and an SpO2 of 89%?

- A. Administer morphine.
- B. Administer oxygen.
- C. Administer sublingual nitroglycerin.
- D. Obtain an electrocardiogram (ECC).

2. Which of the following signs and symptoms usually signifies rapid expansion and impending rupture of an abdominal aortic aneurysm?

- A. Abdominal pain.
- B. Absent pedal pulses.
- C. Chest pain.
- D. Lower back pain.

3. In which of the following types of cardiomyopathy does cardiac output remain normal?

- A. Dilated.
- B. Hypertrophic.
- C. Obliterative.
- D. Restrictive.

4. Which of the following interventions should be your first priority when treating a patient experiencing chest pain while walking?

- A. Have the patient sit down.
- B. Get the patient back to bed.
- C. Obtain an ECG.
- D. Administer sublingual nitroglycerin.

5. Which of the following positions would best aid breathing for a patient with acute pulmonary edema?

- A. Lying flat in bed.
- B. Left side-lying position.
- C. High Fowler's position.
- D. Semi-Fowler's position.

6. A pregnant woman arrives at the emergency department (ED) with abruptio placentae at 34 weeks' gestation. She's at risk for which of the following blood dyscrasias?

- A. Thrombocytopenia.
- B. Idiopathic thrombocytopenic

purpura (ITP).

- C. Disseminated intravascular coagulation (DIC).
- D. Heparin-associated thrombosis & thrombocytopenia (HATT).

7. A 16-year-old patient involved in a motor vehicle accident arrives in the ED unconscious and severely hypotensive. He's suspected to have several fractures of his pelvis and legs. Which of the following parenteral fluids is the best choice for his current condition?

- A. Fresh frozen plasma.
- B. 0.9% sodium chloride solution.
- C. Lactated Ringer's solution.
- D. Packed red blood cells.

## ANSWERS

- |      |      |      |
|------|------|------|
| 1. B | 4. A | 7. D |
| 2. D | 5. C |      |
| 3. B | 6. C |      |

## JUNO Wordfind

### 1. Acquisition

The process of measuring and storing image data.

### 2. Amplitude

The signal height. The greater the amplitude of the signal, the larger the number of protons in the image and the brighter it will appear.

### 3. Claustrophobia

A psychological reaction to being confined in a relatively small area.

### 4. Coronal

A plane, slice or section made by cutting across the body from side to side and therefore parallel to the coronal suture of the skull.

### 5. Electromagnet

A type of magnet that utilizes coils of wire, typically wound on an iron core, so that as current flows through the coil it becomes magnetized.

### 6. Equilibrium

A state of balance that exists between two opposing forces or divergent forms of influence.

N	O	I	T	I	S	I	U	Q	C	A	D	N
A	C	S	E	V	G	W	V	U	A	I	V	O
I	U	Y	N	Y	A	E	B	A	X	B	U	R
E	D	O	G	U	D	C	E	N	Y	O	A	T
Q	L	L	A	I	O	A	C	O	W	H	R	U
U	A	U	M	E	L	E	O	I	U	P	E	E
I	N	M	O	C	I	I	R	T	I	O	I	N
L	O	R	R	I	N	O	O	A	C	R	S	Z
I	G	E	T	T	I	U	N	L	B	T	U	T
B	O	S	C	T	U	F	A	L	D	S	V	R
R	H	T	E	A	M	P	L	I	T	U	D	E
I	T	A	L	L	G	Y	I	C	E	A	C	H
U	R	C	E	S	A	H	P	S	F	L	U	X
M	O	T	N	A	H	P	E	O	Y	C	S	I

### 7. Flux

Invisible lines of force that extend around a magnetic material. The greatest density is at the two poles of the magnet.

### 8. Gadolinium

Gadolinium is a non-toxic paramagnetic contrast enhancement agent utilized in MR imaging.

### 9. Hertz

The standard unit of frequency equal to 1 cycle per second. The larger unit megahertz (MHz) = 1,000,000 Hz.

### 10. Lattice

In MRI, the magnetic and thermal environment through which nuclei exchange energy in longitudinal (T1) relaxation.

### 11. Neutron

An uncharged neutral particle located in the nucleus of most atoms which serves as a stabilizer.

### 12. Orthogonal

A plane or section perpendicular to the xyz coordinate system.

### 13. Oscillation

Rhythmic periodic motion.

### 14. Phantom

An artificial object of known dimensions and properties that is used to test or monitor an MRI systems homogeneity, imaging performance and orientation aspects.

### 16. Phase

An angular relationship describing the degree of synchronism between two sinusoidal waveforms of the same frequency.



**Nursing humor**

**Medical Mishaps**

Sometimes the truth is more amusing than fiction...

One day I had to be the bearer of bad news when I told a wife that her husband had died of a massive myocardial infarct. Not more than five minutes later, I heard her reporting to the rest of the family that he had died of a "massive internal fart."

I was performing a complete physical, including the visual acuity test. I placed the patient twenty feet from the chart and began, "Cover your right eye with your hand." He read the 20/20 line perfectly. "Now your left." Again, a flawless read. "Now both," I requested. There was silence. He couldn't even read the large E on the top line. I turned and discovered that he had done exactly what I had asked; he was standing there with both eyes covered. I was laughing too hard to finish the exam.

While acquainting myself with a new elderly patient, I asked, "How long have you been bedridden?" After a look of complete confusion she answered, "Why not for about twenty years when my husband was alive."

A nurse caring for a woman from Kentucky asked, "So how's your breakfast this morning?" "It's very good, except for the Kentucky Jelly. I can't seem to get used to the taste," the patient replied. The nurse asked to see the jelly and the woman produced a foil packet labeled... "KY Jelly".

**Pinoy humor**

**Hayop Lang**

**Eric:** Isa ngang kabayo.. (binigyan ng red horse)

**Jowell:** Isa ngang agila.. (binigyan ng gold eagle)

**Mangyan:** Ahhh hayop lang pala sinasabi kapag mag order ng beer.. Alam ko na, Waiter isang PATO nga...

**Mangyan:** (lagok agad) Wow.. lakas ng alak na ito ah GUHIT sa lalamunan ehhh....

(Ibinigay sa kanya ng waiter, isang bote ng Silver SWAN.)

...

**Firestone**

Si Juan ay nagpahula at ang sabi nang manghuhula ay mamamatay siya sa apoy at bato. Nakakita siya nang nasusunog na bahay, agad niya itong iniwasan tapos nakakita siya ng nagbabatuhan, tumakbo siya para ito'y maiwasan. Sa katatakbo niya nasagasaan siya ng kotse at bago siya nalagutan ng hininga nakita niya ang gulong ay nakasulat *firestone*.

...

**Love Story**

Love story ng pokpok at adik...

**Adik:** Baby, will you marry me?

**Pokpok:** Eh meron akong past, eh!

**Adik:** Okey lang, baby! Wala naman akong future, eh!

...

**Kabayo**

**Wife:** Hoy walang hiya sino ba yang Liezel na binangungot mo kagabi na sini-sigaw mo, kabit mo?

**Husband:** Hindi hon yun ang pangalan ng kabayo na tinayaan ko sa karera.

**Wife:** Ah.. ganun ba.. biglang ng ring ang phone.. ring.....ring.....ring

**Wife:** O ayan sagutin mo ang telepono, kanina pa yan tumatawag ang kabayo mo...

...

**Zorro**

**Mister:** Kung gagawa ako ng pelikula,gusto ko, ako si ZORRO!

**Misis :** Eh ako, sino?

**Mister:** Si DACOS!!!

**Misis :** Sino yun??

**Mister:** DA COS of all my ZORROs!!!

...

**De Lata**

**Juan:** Tay ! Penge P20 bibili ako ng de lata.

**Tatay:** Anak, mga taga bukid lang ang gumagamit ng term na de lata! Englisin mo yan!

**Juan:** Paano?

**Tatay:** KANG GUD!

**Nurstoons**

by Carl Elbing



# hir-ing

The #1 word in our dictionary.

While a lot of companies  
are laying-off, we are hiring.

RNs, LPNs, CNAs.

Find out your employment  
options with us.



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