

# FGG's gift-giving in Candelaria

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JAN-FEB-MAR 2009

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## Changes and Choices



It's incredible just how much things can change in a year. Who would have guessed the economy would capsize the way it has in the last quarter of '08, or that the new President of the United States would be Barack Obama? Did people even know his name a year ago?

Needless to say, change is upon us, and JUNO has had a healthy dose of it in the past year. This year is no different, with exciting developments already in the works. One latest development is that JUNO is adding another line of service in New Jersey, home healthcare (pg 3). It's excellent timing, considering that the baby boomer generation now accounts for approximately 28% of the US population, that's around 73 million people, perhaps the largest demographic today. This means more and more people will be entering nursing homes or else availing of home healthcare if they can afford it. The good news is, JUNO will be there to give the baby boomers more reliable choices.

Another big change for JUNO is JUNO-New York's new office located on Fifth Avenue (pg 8-9). After eight years at its Queens location, moving virtually every year to a different floor because of expansion, JUNO-NY has packed up and moved across the East River into Manhattan, plopping itself right onto Fifth Avenue. The view of the Queens Center Mall has now been replaced with the Empire State Building, amongst the many others. Not bad, I say, not bad.

Change for the better? Yes, we did!

### Editor

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## Providing professional homecare for all

### *Major healthcare staffing player to provide affordable non-medical homecare in the greater NJ area*

By James Cai

NEW YORK, NY--For 7 out of 10 Americans, growing old will occur primarily in the comfort of their own homes. With the rising cost of private nursing home services and the threat of an entitlement cut in Medicare and Medicaid, more and more baby boomers are requiring affordable means of professional home care services. Most of the assistance they will need is more psychological than medical, like simple companionship and socialization.

At present, the majority of these non-medical home care services, which includes caregiving, companionship

and homemaking, are acquired through informal channels like referrals from friends and family. So, the client has a big chance of receiving a potentially great lack of professional care and has no means of verifying that the provider is credible, trained, and able to provide the services.

With the intent of providing more efficient ways to access non-medical home care services, JUNO Healthcare, an experienced provider of healthcare staffing, is launching their non-medical home care services division. "Our goal is to provide top quality non-medical home care services at the best price and with the best people," says Nonette Teodoro, CEO. With more than 30,000 professionals currently providing home care services in NJ, the industry is estimated to be a \$2 billion business, according to the 2009 Barnes Report.

Tasks as simple as meal preparation, conversation, and shopping, and as

private as personal bathing assistance, are provided by these homemaker home care professionals. But do not let their tasks deceive you of the extreme preparation they need to be a Certified Homemaker Home Health Aide (CHHHA). They are required to pass a 75-hour course, competency requirements, and federal and state background checks, as well as receive a certification before they can be deployed by their agency.

JUNO Healthcare's Homecare Division is currently serving the counties of Hudson, Bergen, Union, Essex, and Passaic in New Jersey. They are also interviewing companions/caregivers, hospice care providers, geriatric care providers, child care providers, homemakers, and concierge, for immediate hiring and placement.

For more information, call (201) 239-9333 or visit JUNO Healthcare-NJ at 35 Journal Square, Suite 825, Jersey City, NJ 07306.



*homecare*  
DIVISION

*when you need a helping hand.*

## FGG's gift-giving in Candelaria

By Roxie O.

On Christmas Eve 2008, FGG's volunteer coordinator Ptr. Donny Suarez and his family, the JUNO Manila call center staff and Charmaine Teodoro, JUNO SVP, traveled to Candelaria in Quezon, Philippines to deliver Christmas gifts to approximately 100 children. Candelaria, a very provincial town, is a 6-hr drive from the center of Makati. Upon arrival, everyone marveled at how different the

air was compared to the city. It was so fresh and life in the province seemed so peaceful, it was easy to forget that the people who live in this area subsisted on just a few dollars a month.

Upon the group's arrival, the kids slowly started filtering in, all of them walking from their various homes scattered throughout the province. The program began with Ptr. Domeng Abante giving a brief lesson on the meaning of Christmas and why we

celebrate it. Charmaine also spoke about the foundation, and how the most important gift we can receive is God's love, which is what they came to share that day. After rousing cheers, JUNO call center staff Ryan Barraca and Allan Felipe led a few games with the children before Charmaine handed out the gifts.

The party ended with food and good cheer, as both the children, FGG and JUNO staff felt the spirit of Christmas in the air that day.



# JUNO Healthcare plans for 2009

By D.B.V.

THE POCONOS—For two days, JUNO Healthcare executives, together with the general managers of all JUNO subsidiaries and the department managers of the support units, gathered to come up with plans and programs that will lessen the impact of the present economic turmoil on its operations. Marathon meetings were conducted to generate new ideas and come up with innovative ways to be ahead of the competition.

The snowfall and the freezing temperature did not dampen the spirit of JUNO Healthcare's executives and managers. Everyone actively participated in the discussions. And at the end of the two-day session, a new plan for JUNO Healthcare's operations was conceived.

"Overall, the planning was a success," said Mr. Dante Raul "DR" Teodoro, President and CEO of JUNO Investment and Management, Inc., the parent company of JUNO Healthcare Staffing Group of Companies. "We have come up with a new service that will bring us to the next level," he added.

Although Mr. Teodoro did not elaborate on this new service, he gave a clear message that JUNO Healthcare is all geared up for 2009.

On the lighter side, the planning was also a time for play. It served as a venue to build camaraderie among the executives and managers. Moreover, it became an opportunity for the new managers to meet some of their colleagues in person, and bond with them to establish better working relationships.

A big surprise came when Senior Vice-President Charmaine Teodoro awarded Ms. Maluh Silvano, VP for Operations and Business Development, with a trip to Paris in recognition of her efforts to always protect the interest of the company and bring in new sources of revenues.

In conclusion, Mr. DR Teodoro gave his closing remarks, telling the managers that times have changed, and it is JUNO Healthcare's ability to adapt that will make the company not only succeed, but prevail in this turbulent economic environment.

*With the economic uncertainties that all businesses are facing, JUNO Healthcare Staffing executives and managers took a two-day break from the daily grinds of operations to plan for 2009.*



Increased optimism brought smiles as the planning concludes.



VP Maluh Silvano (left) receives certificate for a trip to Paris from SVP Charmaine Teodoro (right).



Finance Manager Tony Vismonte (center) in deep thought.



The planning participants (from left to right) Tess, Malou N., Maya, Jessica, DR Teodoro, Nonette Teodoro, Charmaine Teodoro, Dulca, Maluh S., Olivet and May. Not in photo, Tony and Steve.

# Immigration updates

By Stephen Taala

## USCIS REMINDS CUSTOMERS OF PROGRAM FLEXIBILITIES

The Government realizes that unexpected events in a person's home country can sometimes affect travel or other plans. In September 2008, the USCIS (formerly known as the INS) issued a reminder:

### For Non-Immigrants:

\* **Extension and/or Change of Status:** Non-immigrant tourists and business visitors (B-1/B-2 visa holders) may request an extension of stay (Form I-539 - Application to Extend/Change Nonimmigrant Status) when unexpected events in their home country delay their travel. Customers who request an extension will need to explain how the event has disrupted their ability to travel home, how much longer they anticipate staying in the U.S., and also show they will be able to support themselves in their non-immigrant status for the additional time. In addition, USCIS will consider requests for a change of status to that of a person here temporarily on business (B1) or pleasure (B2) when the individual is no longer able to extend their pre-existing non-immigrant status on another category.

\* **Foreign Student Employment Authorization:** If unexpected events affect the ability of an F1 or M1 nonimmigrant student to continue to pay for their education, the student may request off-campus employment (Form I-765 - Application for Employment Authorization). In order to qualify, the student must demonstrate how the unexpected event has affected their ability to continue to pay for their education without employment.

\* **Expedited Processing:** Non-immigrant visitors affected by unexpected events in their home country may request expedited processing of the above applications or for an application or petition filed for a service or benefit that is otherwise immediately available.

*Please note, these flexibilities are available to non-immigrants who are in-status and complying with the immigration laws.*

\* Individuals who are abroad and have lost their USCIS issued travel documents or whose documents have expired due to an unexpected event that delayed their original travel plans, may contact a U.S. Embassy or Consulate.

*For more information, please call the National Customer Service Center at (800) 375-5283.*

### A short word on "H-1B recapture of time spent outside the United States":

In general, section 214(g)(4) of the Immigration and Nationality Act (8 U.S.C. 1184), provides that "the period of authorized admission [of an H-1B nonimmigrant may not exceed 6 years." The regulation at 8 C.F.R. 214.2(h)(13)(iii) states, in pertinent part, that: "An H-1B alien in a specialty occupation, who has spent six years in the United States under section 101(a)(15)(H) and/or (L) of the Act may not seek extension, change of status or be readmitted to the United States under section 101(a)(15) (H) of (L) of the Act ..." The plain language of the statute and the regulations indicates that the six-year period accrues only during periods when the alien is lawfully admitted and physically present in the United States. Therefore, the number of days an H-1B was outside the United States may become the basis of an extension for the equivalent number of days to remain lawfully in the United States. The nonimmigrant however must file an extension application with the USCIS, and submit documentary evidence to meet the burden of proof. Such evidence consists of passport stamps or Form I-94 arrival-departure records, and such other documents as may be required by the USCIS.

# WE'VE TAKEN A BIG BITE.

**JUNO NY HAS MOVED FROM QUEENS TO MANHATTAN**



**TO SERVE  
YOU BETTER.**



**JUNO Healthcare Staffing System, Inc.**

*putting people first.*

**411 Fifth Avenue, Suite 1006  
New York, New York 10016  
T: 212.685.5866 F: 212.685.5867**

## JUNO-NY moves to Fifth Avenue

By Roxie O.

On January 14th 2009, just two weeks after the new year rolled in, JUNO-NY celebrated by having an office blessing at their new location on 411 Fifth Avenue. Despite the blustery winter weather outside, the atmosphere inside the new office was filled with warmth and camaraderie as the managers from the West Coast subsidiaries together

with the staff from the NY and NJ offices mingled and laughed with one another. Office blessings have been a long-standing tradition ever since JUNO first started. Owner and President DR Teodoro makes no qualms about the fact that he is a Christian and attributes each step of JUNO's successes to God. In her welcoming remarks, Charmaine Teodoro, JUNO SVP, said, "This move has been a long time coming. We feel

very blessed and honored to be here, especially with the current state of the economy today, and we thank God for His many blessings."

One by one, several members of management gave brief testimonials about their personal experiences with JUNO's successes. Tess Pe, JUNO-NY's General Manager and the first recipient of the President's Purple Society Award which consisted of a car, cash prize,



(From left) Nonette Teodoro, DR Teodoro, and some members of management and staff wait for the start of the office blessing.



Valjun Apuzen (extreme right) officiating the blessing and dedication.



CEO Nonette Teodoro giving a few inspirational words.

and inspirational book, spoke about how far JUNO has come. "I've been with the company for many years now," Pe stated, "and it's really come a long way. My advice is to just keep a positive attitude, work hard and the successes will just keep pouring in." Maluh Silvano, JUNO's VP-Operations and Business Development, praised the quality of the people of JUNO, "I'm just really so happy to work with you guys. I thank you for

your support and respect, and most of all, for your friendship. Congratulations on the new office, and I'm positive that soon you'll need a bigger space, because after all, this is JUNO."

The program ended with a delicious traditional Filipino feast of lechon, pancit and lumpia, among other things, as well as a few words from JUNO's CEO, Nonette Teodoro. Soon after, members of JIMI, JUNO Investment and Management, Inc.

traveled to the Poconos for a three-day planning session, followed by a weekend of relaxation. With the successes of 2008 behind them, JUNO can only look ahead and expect bigger successes to come.

JUNO-NY is located at 411 Fifth Avenue, Suite 1006, New York, NY 10016. For inquiries, you may contact 212-685-5866, or email [info@junohealthcare.com](mailto:info@junohealthcare.com).



May Cruz singing a song of praise to begin the celebration.



JUNO-NY General Manager, Theresa Pe, gives her testimonial about the company's successes.



Immigration Services Section's Maribel Maniquiz (second from right) reads a scriptural passage.

## 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:

### **Basic EKG Interpretation**

This course is designed for registered professional nurses and other healthcare professionals who work in settings requiring cardiac telemetry. This course provides essential training and education in EKG Arrhythmia Interpretation needed by inpatient and outpatient health care professionals.

Dates: Feb. 23, 26, 27, 2009



### **Diabetes: Effective Patient Management**

The goal of Diabetes program is to reduce the morbidity and mortality caused by diabetes and its complications by increasing awareness of the seriousness of the disease and the value of its treatment and prevention.

Date: Not scheduled yet.

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!

### **Symptom Management at End-of-Life: Pain Module Online**

This module focuses on the assessment and management of pain in a patient with cancer facing the end of life. Learners are guided through critical assessment and diagnosis, treatment planning, implementation of interventions, and outcomes assessment in an interactive, problem-based format using learner feedback.

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>.

# 95 students in FGG scholarship program

By V. Apuzen

Foundation for God's Glory (FGG), a JUNO Healthcare-sponsored private operating foundation, is pleased to announce the enrollment of 95 students in its scholarship program for school year 2008-2009. FGG Baguio has the highest number of students with 33 scholars. Rev. June Evasco of Capital City Church is conducting the Level 2 program while supervising three Level 1 student teachers, namely: Houston Bayeng, Jomari Dawis, and Hans Joseph Delena. FGG Bulacan of Awesome God Christian Church has 30 Level

1 students taught by Rev. Conrado Herrera with assistant teachers Rev. Napoleon Saluba and Ptr. Jose Bocala. FGG Tondo of Kerusso Community Church has 24 students under Rev. Teddy Quirante while Rev. John Coral teaches 8 students in FGG Benguet.

Previously a one-year intensive course on evangelism, discipleship and church planting, FGG added a second-year curriculum upgrading the training to a two-year program. Each FGG Center has its own unique curriculum geared towards equipping their students to effectively communicate the Gospel to their own

communities. Some of the courses that the scholars have completed thus far are Personal Evangelism, Home Bible Study Methods and Materials, Ecclesiology, Worship, Principles and Practice of Preaching, Old and New Testament Survey, Discipleship, and Church Planting Omega Course.

Each FGG Center has its own class schedules as well. FGG Tondo's program is divided into three semesters, 80 hours per semester meeting twice a week. FGG Benguet meets every Monday, 8am-4pm. FGG Baguio meets every Sunday 1pm-5pm while FGG Bulacan meets every Saturday 8am-12nn.

## FGG SCHOLARSHIP PROGRAM Teachers and Students (SY 2008-2009)

### FGG TONDO = 24 Students

*Level 2-Teddy Quirante, Teacher*

1. Jeffrey Quirante
2. Edgardo Talastas
3. Noida Lim
4. Roberto Quirante
5. Reynaldo Nerona

*Level 1-Noida Lim, Teacher*

1. Lucero Alfogue
2. Maricor Cabiles
3. Michelle Lepiten
4. Charlemagne Lim
5. Marivic Mateo
6. Ma. Fe Sanchez
7. Nenita Santos

*Level 1-Jeffrey Quirante, Teacher*

1. Leonora Cuasay
2. Alexander Dela Rosa
3. Patricio Ferrer
4. Welly Libusana
5. Ramon Obejas
6. Liza Quirante
7. Luz Palma
8. Mario Rebadulla
9. Amelita Talastas
10. Luis Talastas
11. Michael Zabab
12. Zenaida Mariano

### FGG BULACAN = 30 Students

*Level 1-Conrado Herrera, Teacher*

*Ptr. Jose Bocala, Asst. Teacher*

*Ptr. Napoleon Saluba, Asst. Teacher*

1. Melencio Abuan
2. Melanie Abuan
3. Luzviminda Bautista
4. Maribeth Caballero
5. Ramon Catahan Jr.
6. Ladylee Cristobal
7. Rafael Flores
8. Corazon Garcia
9. Vermont Garcia
10. Eduardo Halili
11. Nenita Halili
12. Rorie Herrera
13. Jessie Ireso
14. Diosdado Marquez
15. Estelita Marquez
16. May Marquez
17. Apple Mora
18. Joan Mora
19. Jolly Mora
20. Leonicia Roque
21. Benito Salvador
22. Lanie Salvador
23. Joey Salonga
24. Alexander San Luis
25. Ethel Sosing
26. Wilfredo Sosing

27. Remedios Villasoto

28. Monching Catahan

29. Felicing Cristobal

30. Pelagia Salas

### FGG BAGUIO = 33 Students

*Level 2 - June Evasco, Teacher*

1. Hans Joseph Delena
2. Jomari Dawis
3. Ricky Tenepere
4. Houston Bayeng
5. Simon Bayeng
6. Richard Mondiquing
7. Joshua Antonio

*Level 1 - Houston Bayeng, Student Teacher*

1. Kristine Joy Caaya
2. Viola Bayeng
3. Farah Mae Subna-en
4. Monalyn Dulay
5. Eunice Palaleo
6. Rosela Pica
7. Jim Coy-om
8. Dwayne Daligdig

*Level 1: Jomari Dawis, Student Teacher*

1. Lovely Joy Chaa-ar
2. Julie ann Florendo

3. Edith Wa-ig

4. Sarah Mapalao

5. Sydney Rose Moresto

6. Katlyn Callanta

7. Raiza Janaire Dominquez

8. Lawrence Moresto

*Level 1 - Hans Joseph Delena, Student Teacher*

1. Mary Grace Dizon
2. Silas Lobchoy jr.
3. Sherwood Basongit
4. Daryll Lobchoy
5. Ryan Coy-om
6. Rudison Ford Callanta
7. Denver Tayab
8. Liza Ticba-en
9. Janno Abance
10. Rick Jireh Balisong

### FGG BENGUET = 8 Students

*Level 1 - John Coral, Teacher*

1. Teresa Agno
2. Bernard Balag
3. Oscar Joaquin
4. Oliver Kayasben
5. Randy Mendoza
6. Luis Pedro
7. Nellie Tabcao
8. Jeffrey Yocgayog



FGG Tondo Students



FGG Bulacan Students



FGG Baguio Students



FGG Benguet Students

## Warm-up before exercising



**By Dr. Andrew Maciak**

If you're interested in fitness and self-care, you probably know that it's important to precede aerobic exercise or strength training sessions with a warm-up and

then follow the workout with a cool-down period. But many Americans who exercise are making serious mistakes in how they warm up and cool down—mistakes that can cause injuries and then in rare cases, may even trigger heart attacks.

A wise warm-up. For safe, effective exercise, scientifically designed warm-ups have two parts:

1. Get moving—but wait to stretch. A good warm-up gradually brings up your heart rate and increases circulation to your muscles and joints. Many people begin workouts with stretching. In some cases, that's wrong. "Never stretch cold muscles". Improper stretching may injure muscles or joint. Avoid gymnastic type bounce stretches," also called ballistic stretches, which include bouncing toe touches, side bend, and traditional hurdler's stretches. If you include stretches or other flexibility exercises as part of your fitness program, perform them in a gradual, non-bouncing manner after you've first warmed up your muscles using smooth, balanced movement.

2. Take five to ten minutes to ease into your sport activity. A smart,

enjoyable warm-up mimics your sport or activity with smooth movements to draw blood to the muscles and bring up your heart rate. For example, if you're beginning a walk, take five to ten minutes to stride at an easy, very relaxed pace; if you're preparing for a run, spend this time jogging slowly; in swimming, go through some very easy laps; and for cycling, pedal for several minutes at reduced speed. Once you've warmed up gradually pickup the pace.

A comfortable cool-down. From a health safety standpoint, a brief cool-down period after exercise is critical because it allows the body to return gradually to its pre-exercise state. There are three phases to a cautious, comfortable cool down.

1. Never stop exercising suddenly. The drop in blood pressure that occurs during the cool-down period should take place gradually, so keep moving, briskly at first and then at a slower pace. Don't stand still, sit down, start talking to a friend, or get distracted in any other way from a progressive cool-down period that lasts as long as necessary.

2. Take at least five minutes to phase out of exercise. After gradually slowing down during a five minute cool-down period, check your pulse—while moving rather than standing still. Several fitness authorities suggest that if your heart rate isn't below 120 beats per minute (or less than 100 if you're over 50 years old) after five minutes, then your workout was too strenuous.

3. Energy use. Twenty minutes of jogging, dancing, or anything that stops short of leaving you breathless is all it takes to up your energy level, leaving you feeling invigorated and youthful. Add to this routine aerobic exercise, some weight lifting and although you may feel exhausted right after the workout, you will increase your overall strength and endurance, making once fatiguing activities easy.

### TIPS FOR SUCCESS

1. Decide for yourself which form of exercise gives you the most energy.
2. Exercise a little everyday.
3. Need inspiration? Sign up for a walkathon, get a training partner, or train with your loved one.



# Welcome to JUNO Healthcare

Felicia Candy Araneta	Maria Athena Rodriguez
Maria Elizabeth Borja	Joy Satorre
Maria Isabel Maniquiz	Stephen Taala

## Nurse quote of the month:

*"The most important practical lesson than can be given to nurses is to teach them what to observe."*

*Florence Nightingale*

## 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! January-February-March celebrants



**1jan**  
Edmund E.  
Ruth Ann I.

**4jan**  
Rosano C.

**13jan**  
Maria  
Teresa A.

**14jan**  
Maria Genna T.

**18jan**  
Renata K.

**20jan**  
Jennifer M.  
Joy S.

**24jan**  
Maria Zaida D.

**25jan**  
Benedicto T.

**29jan**  
Leila Rose P.

**16feb**  
Eliette C.

**21feb**  
Felix B.

**27feb**  
Antonio V.

**11mar**  
Jasmin C.

**25mar**  
Evangeline S.

**29mar**  
Maria Elizabeth B.  
Maria Isabel M.

NCLEX quiz for RNs

# Sample NCLEX practice exam

1. After the lungs, the kidneys work to maintain body pH. The best explanation of how the kidneys accomplish regulation of pH is that they

- A. Secrete hydrogen ions and sodium.
- B. Secrete ammonia.
- C. Exchange hydrogen and sodium in the kidney tubules.
- D. Decrease sodium ions, hold on to hydrogen ions, and then secrete sodium bicarbonate.

2. The nurse explains to a client who has just received the diagnosis of Noninsulin-Dependent Diabetes Mellitus (NIDDM) that sulfonylureas, one group of oral hypoglycemic agents, act by

- A. Stimulating the pancreas to produce or release insulin
- B. Making the insulin that is produced more available for use
- C. Lowering the blood sugar by facilitating the uptake and utilization of glucose
- D. Altering both fat and protein

metabolism

3. Myasthenic crisis and cholinergic crisis are the major complications of myasthenia gravis. Which of the following is essential nursing knowledge when caring for a client in crisis?

- A. Weakness and paralysis of the muscles for swallowing and breathing occur in either crisis.
- B. Cholinergic drugs should be administered to prevent further complications associated with the crisis.
- C. The clinical condition of the client usually improves after several days of treatment.
- D. Loss of body function creates high levels of anxiety and fear.

4. A 54-year-old client was put in Quinidine (a drug that decreases myocardial excitability) to prevent atrial fibrillation. He also has kidney disease. The nurse is aware that this drug, when given to a client with kidney disease, may

- A. Cause cardiac arrest

- B. Cause hypotension
- C. Produce mild bradycardia
- D. Be very toxic even in small doses

5. A client is about to be discharged on the drug bishydroxycoumarin (Dicumarol). Of the principles below, which one is the most important to teach the client before discharge?

- A. He should be sure to take the medication before meals.
- B. He should shave with an electric razor.
- C. If he misses a dose, he should double the dose at the next scheduled time.
- D. It is the responsibility of the physician to do the teaching for this medication.

## ANSWERS

- 3. A
- 2. A
- 5. B
- 4. A
- 1. D

## JUNO Wordfind

### 1. Agglutination

The aggregation of particulate antigen by antibodies. Agglutination applies to red blood cells as well as to bacteria and inert particles covered with antigen.

### 2. Anaphylaxis

Immediate hypersensitivity response to antigenic challenge, mediated by IgE and mast cells. It is a life-threatening allergic reaction, caused by the release of pharmacologically active agents.

### 3. Basophil

A polymorphonuclear leukocyte whose basophils granules contain heparin, histamine and other vasoactive amines. Within tissues, these cells are known as mast cells q.v.

### 4. Cytokines

Soluble substances secreted by cells, which have a variety of effects on other cells, e.g. Interleukin 1 (IL-1).

### 5. Eosinophil

A polymorphonuclear leukocyte with large eosinophilic (i.e. red) cytoplasmic granules.

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

### 6. Genotype

All of the genes possessed by an individual; in practice it refers to the particular alleles present at the loci in question.

### 7. Hybridoma

A hybrid cell that results from the fusion of an antibody-secreting cell with a malignant cell; the progeny secrete antibody without stimulation and proliferate continuously both in vivo and in vitro.

### 8. Idiotype

The combined antigenic determinants (idiotopes) found on antibodies of an

individual that are directed at a particular antigen; such antigenic determinants are found only in the variable region.

### 9. Immunogen

A substance capable of inducing an immune response (as well as reacting with the products of an immune response). Compare with antigen.

### 10. Lymphocyte

Small cell with virtually no cytoplasm, found in blood, in all tissue, and in lymphoid organs, such as lymph nodes, spleen, and Peyer's patches, and bears antigen-specific receptors.

### 11. Myeloma

A tumour of plasma cells, generally secreting a single species of immunoglobulin.

### 12. Polymorphism

Literally, "having many shapes"; in genetics polymorphism means occurring in more than one form within a species; the existence of multiple alleles at a particular genetic locus.

### 13. Vaccination

Originally referred to immunization against smallpox with the less virulent cowpox (vaccinia) virus; more loosely used for any immunization against a pathogen.



**Nursing humor**

**Paying The Bill**

Mr. Smith was brought to Mercy Hospital (a Catholic hospital), and taken quickly in for coronary surgery. The operation went well and, as the groggy man regained consciousness, he was reassured by a Sister of Mercy, who was waiting by his bed.

"Mr. Smith, you're going to be just fine," said the nun, gently patting his hand. "We do need to know, however, how you intend to pay for your stay here. Are you covered by insurance?"

"No, I'm not," the man whispered hoarsely.

"Then can you pay in cash?" persisted the nun.

"I'm afraid I cannot, Sister."

"Well, do you have any close relatives?" the nun questioned sternly.

"Just my sister in New Mexico," he volunteered. "But she's a humble spinster nun."

"Oh, I must correct you, Mr. Smith. Nuns are not spinsters - they are married to God."

"Wonderful," said Mr. Smith. "In that case, please send the bill to my brother-in-law."

**A Famous Surgeon**

An older man was on the operating table awaiting surgery and he insisted that his son, a famous surgeon, perform the operation. As he was about to be given anesthesia he asked to speak to his son.

"Yes Dad, what is it?"

"Don't be nervous, do your best and just remember, if it doesn't go well, if something happens to me... your mother is going to come and live with you and your wife!"

**Pinoy humor**

**Palakihan Ng Bahay**

**TIKBOY:** Grabe ang laki ng bahay ng lolo ko. Pumasok ka ng lunes, biyernes ka na makakalabas!!

**PIKOY:** Wala yan sa bahay ng lolo ko! Sa lolo ko, pumasok ka ng Enero, April ka na makakalabas!!!

**JINGGOY:** Naku, ang liliit naman pala ng mga bahay ng mga lolo ninyo! Yung bahay ng lolo ko, pumasok ka ng 2008, ang labas mo 2028 na!!!

"Hindi kami naniniwala sa'yo!!! Saan ba ang bahay ng lolo mo???"

**JINGGOY:** SA MUNTINLUPA!!! Minsan nga eh, hindi ka na makakalabas!

...

**Asawa!**

"Asawa" 1st year masaya. After 5 years tanggalin ang A "sawa na".

After 10 years tanggalin ang s "awa na lang".

Sa susunod na taon tanggalin mong a "wa na!"

...

**Who wants to be a milyoner?**

(pinoy style)

**HUSBAND:** Dear, puwede ka ba ngayon?

**WIFE:** Hindi puwede, pagod ako!

**HUSBAND:** Is that final?

**WIFE:** FINAL!!!!

**HUSBAND:** O.K., dear can I phone a friend?!?

...

**Bukas...**

Bukas na ang wedding anniversary ni Kulas. Ang kanyang matapang at matabang asawang si Conchita ay nagpaalala sa kanya na dapat ay bigyan siya ng mamahaling regalo!

**CONCHITA :** Hoy lalaki, alam mong bukas na ang ating anniversary. Gusto kong makitang regalo bukas sa driveway natin ay yung nagpupunta ng 0 to 200 sa segundo lang.

**KULAS :** Opo dear!

Kinabukasan lumabas si Conchita at nakita ang kanyang regalo sa kanilang driveway... Isang Weighing Scale!

At bukas muli... libing ni Kulas.

...

**Matches**

Ano tawag sa mag-syota na lalaking pangit at babaeng maganda? E di.. **GALING DISKARTE!**

Ano tawag sa mag-syota na lalaking gwapo at babaeng pangit? E di.. **TRUE LOVE!**

Ano tawag sa mag-syota na lalaking gwapo at babaeng maganda? E di.. **PERFECT COUPLE!**

Ano tawag sa mag-syota na lalaking pangit at babaeng pangit? E di.. **KAPWA KO MAHAL KO!!!**

**Nurstoons**

by Carl Elbing



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