

OA Employee Spotlight**16 Things To Do On
A "Staycation"**

By Steve Odland

Since the recession began a few years ago, people have been cutting back on discretionary spending. One of the first cuts in a household budget has been the annual family vacation. Instead of expensive airline tickets and hotel stays, people have been substituting cheaper alternatives: waiting for special travel deals online, driving to see relatives, having friends and relatives come to see them, etc. But an increasingly popular and fun vacation is the stay-at-home-vacation, or the "staycation." Below 16 things to do on a staycation.

1. **Visit your local museums:** art, natural, or American history, botanical gardens, zoos, cars, sports, or whatever the interest. Every area of the country has its local attractions; some world class, others, well, just fun. Every area also has its architectural gems that are registered on the National Register of Historic Places. Pretend you're a tourist and go visit them.

2. **Go to the beach or pool.** Over half of all Americans live near the coast; 10% live near the Great Lakes; and a huge percentage more live near a lake or reservoir. No beach? Go to the pool. About 20% of homes have private swimming pools, as do most high schools and many communities.

3. **Get the bike out.** There are thousands of miles of dedicated bike trails; not to mention shared use trails. Go for a ride.

4. **Go to a movie.** Yes, you can rent a movie on Netflix or borrow one from the library and have an evening movie night at home. But you can also go to one of the giant theaters and have a 3D experience. Don't forget popcorn.

5. **See a show.** Of course major cities have theater, opera, dance, etc. But many smaller communities have either traveling versions or local playhouses that can be just as much fun.

6. **Go shopping.** Make the trek to the regional mega mall and spend the day seeing what's new. These complexes are like cities with food service, theaters, entertainment, etc.

7. **Take a nap.** Hey, vacations are to escape from daily life and relax. Catch up on sleep in that hammock.

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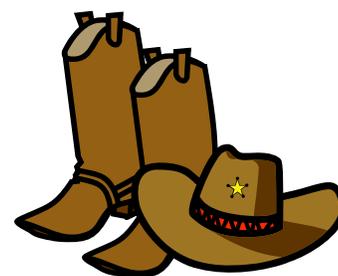
ASK THE EXPERT!**What is Loxoscelism?**

A morbid and potentially fatal condition produced by the bite of the brown recluse spider (*Loxosceles reclusa*) of North America, and characterized by a gangrenous slough at the site of bite. Featured symptoms include pain, central ulceration, nausea, malaise, fever, hemolysis, and thrombocytopenia. This is apparently in large part due to a unique enzyme, sphingomyelinase D.



Kevin Thurman, Susan Gray, and Mike Harrington at the TxHIMA show.

Galveston, TX, June 2012



Patty Neal
CCS
Coding Consultant



I spent the first three years of my life in a small town named Sullivan, Illinois. My parents and two brothers moved to Indiana, settling in a small town named Liberty. After high school, I took a job at the local community hospital in Richmond, Indiana. At 18, I entered the wonderful world of healthcare. I worked as a nursing assistant for the next several years while taking college courses in my spare time. My goal was to become a nurse. In 1987, the economy took a hit and I ended up changing positions. Little did I know what a great change this would be!

I ended up in the Medical Records department. I knew very little about how this department worked or its importance. I found out very quickly that this was a perfect match for me. I was like a sponge, learning everything I could while working as a file clerk. The opportunity arose for me to apply for an outpatient coding position. I was thrilled to be given the chance to learn how to code. I spent the next 21 years coding.

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OA Employee of the Month



David Solarsh
Recruiter
HIM Contract Team

I was born and raised in Johannesburg, South Africa, until the age of six when my parents decided to move to San Diego, California. We settled in Del Mar, California, which is a coastal suburb in San Diego County.

In my spare time, I enjoy being with my family and friends, staying active, and traveling. I love to go snowboarding, sailing, and I'm an adrenaline junkie – put any rollercoaster in front of me and I am there! Some of the sports I play on a regular basis are tennis and golf.

I graduated in December of 2009 from the University of San Diego with a bachelor's degree in business administration, with a minor in accounting and an emphasis in marketing. After I graduated, I got a job offer with the management program at Enterprise Rent-A-Car. After completing the program, I felt that it was time for a change, and received an offer from On Assignment HIM in December 2010.

What I enjoy most about working for On Assignment HIM is the ability to impact lives for the better. I am very passionate, ethical, and will help my teammates whenever they need it. I feel that we are a very close family here at On Assignment HIM and felt welcomed the moment I started. I feel very fortunate to have joined a company that truly values their most important asset, which is their employees, and I'm very excited about my future here.

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I moved from outpatients to inpatients while gaining experience and learning something new every day. During my 30 years at Reid Hospital, I had the pleasure of teaching many new coders, working on special projects and becoming a resource to my coworkers and managers.

Upon leaving Reid I was looking for a change. I spent the next couple of years moving around trying to find that great fit. In December 2011, I found that place – On Assignment HIM. From the first call I felt as though I was where I needed to be. I couldn't be happier. It was obvious from the beginning that this company was different. I had never felt so taken care of or respected. This truly is a *People First* company. I took a travel position as a contract coder and have loved every minute of it. My first travel assignment was in New York City. Never in a million years did I think I'd work in NYC. I found I love the city. But most of all I love the new experiences and challenges of coding as well as meeting and making new friends. I'm starting my seventh month and I'm on my second assignment. I can hardly wait to see where I end up next and what new adventures I might encounter. A special thank you to David Solarsh for making going to work so much fun.



For more information regarding our \$500 referral bonus program, please email

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DID YOU KNOW?

Capgras Syndrome (classified as a delusional misidentification syndrome): It is the delusion that a close relative or friend has been replaced by an impostor – an exact double – despite recognition of familiarity in appearance and behavior. People affected with this condition even believe that inanimate objects and/or pets have been replaced by exact replicas. People with Capgras Syndrome can perceive faces, and recognize that they look familiar; however, they are unable to connect that face with the actual feeling of familiarity.

Capgras Syndrome was first described by two French doctors, Joseph Capgras, for whom the syndrome is named, and Jean Reboul-Lachaux.

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8. **Take a (little) cruise.** Most lakes have some sort of dinner or sightseeing cruise that runs in the summer. Hop on.
9. **Work on that tennis game.** Most resorts emphasize tennis. Why not at home? Most major parks and high schools allow access to the tennis courts if you don't have access to a club. Go.
10. **Take a hike.** Walking is the best exercise. Find some park or scenic area and plan a hike. Pack a picnic lunch and water, and go explore.
11. **Read a book.** You don't have to be sitting in a far away place to settle in with a good summer read. Go to a local coffee house and splurge on a cappuccino or other creation, and spend a few hours lost in a book.
12. **Take an exercise class.** Try yoga, Pilates, spinning, etc.
13. **See a ball game.** The country is dotted with major and minor league baseball teams. Go, get some sun, have a hotdog, and relax.
14. **Host a potluck or barbecue.** Have the extended family over or host a block party. Ask everyone to bring something and share.
15. **Play golf.** Even if you're not an avid golfer, this is the perfect time to try it. Go to the club or take a couple of lessons at the municipal course. Or, take the kids to miniature golf and joust with windmills.
16. **Spend time with the kids.** People remember the good times spent with each other more than the places they've been. Get out a deck of cards or a board game. Spend time talking, laughing, and reminiscing. Life is short – spend time with family.

Staycation is a fancy term for spending your time-off at home. In the days of cheap air travel and a booming economy this never would have been considered. Some people have spent their lives in one area and want to get away and explore new places. But, we are a country on the move. According to the U.S. Census Bureau, about 1 in 6 Americans move each year and the average American moves 11.7 times in their life. After each move, a new area becomes home, but do we ever take time to explore the area as we would if we were tourists?

Let's admit it, we probably have spent more time exploring places far away from home than we have the sites in our own area or region. This is natural. People tend to dismiss local sites or always assume they'll go there some day. So there are bound to be places around us that we haven't explored or activities we haven't tried.

Imagine the benefits of a staycation:

- Save money! There are no airfare, hotel, or rental car costs. In its annual summer vacation survey, the American Automobile Association said "the average North American vacation will cost \$244 per day for two people for lodging and meals. Add some kids and airfare, and a 10-day vacation could top \$10,000."
- There is no wasted travel day on the front and end of a vacation – two more vacation days for fun!
- No travel means no physical drain. Let's admit it, travel is exhausting.

(Continued on page 4)



"My family wants a genuine back-to-nature camping experience, but with Wi-Fi, air conditioning, and satellite TV."

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Health Information Management

? WHO KNOWS ?

_____ is a biodegradable disc gel implant that contains an infused antineoplastic/cytotoxic pharmaceutical called Carmustine. It may be indicated and utilized after brain surgery to remove a tumor (high grade malignant glioma or glioblastoma multiforme) and in conjunction with radiotherapy.

Send your answers to:

kristin.walsh@onassignment.com

All correct answers will be put into a raffle for a chance to win a \$25 gift card from On Assignment HIM!

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- You don't have to spend your vacation with strangers, either on flights or in hotels.
- If the weather is lousy, who cares? Adjust.
- Your vacation can't be cancelled by an airline or other travel situation.

The trick to enjoying a staycation is to deviate from daily routines and truly make it a vacation. If you enjoy eating out on vacations, do the same on your staycation. Don't do the laundry or clean the garage, or other household projects. Relax. As odd as it sounds, bring discipline to the vacation by not allowing chores or drudgery to intercede and take away the fun. Remind yourself that, while you are at home, you still are on vacation. If you do so, a staycation can be more relaxing, fun, and certainly less costly than a big travel extravaganza.

This article can be found at:

<http://www.forbes.com/sites/steveodland/2012/05/31/16-things-to-do-on-a-staycation/>



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**May 2012
?WHO KNOWS?**

And the winner is...

Melissa G. !

Answer:

**IPG (Implanted Pulse Generator)
Or Neurostimulator**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

People First.

On Assignment
Health Information Management

Certified Tumor Registrar (CTR)

On Assignment Health Information Management offers cost-effective staffing solutions for the management and utilization of patient data, ensuring its timely availability. We assist healthcare organizations in meeting their operational goals by providing qualified **Certified Tumor Registrar** consultants for contract, contract-to-hire, and direct hire positions.

We recruit experienced **CTR** professionals credentialed by the **National Cancer Registrars Association (NCRA)** who are able to:

- Accurately review and abstract health information from patient medical records such as demographic characteristics, history of neoplasm, final diagnosis stage, extent of disease (metastasis), and treatment (diagnostic and surgical procedures, administration of chemotherapy, radiation therapy, biological response modifiers, etc.), and assign mandated oncology codes – entering data into a cancer registry database to allow for uniform data collection.
- Prepare statistical reports, narrative reports, and graphic presentations of tumor registry data for use by hospital staff, researchers, and other users of registry data.
- Maintain registry with follow-up information such as quality of life and length of survival of cancer patients.
- Maintain and manage an effective cancer registry program (including the management and supervision of subordinate registry staff) at either a local, state, or national level.

Many of our CTR professionals are recruited from institutions with ACoS approved cancer programs, and are familiar with SEER.

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