

# KEURIG

## A HOW-TO GUIDE

### WHAT YOU'LL NEED:

- K-CUP POD
- A COFFEE CUP FILLED WITH WATER

### PRESS THE POWER BUTTON

Pour cup of water into back of machine.  
Close lid (see label "lift here")

Place empty cup on the designated cup  
slot--under the drip.

Place K-Cup into machine and close (see  
label "place pod here")

\*You should hear a water gurgling  
sound

### PRESS "BREW"

The "BREW" button will be illuminated  
with an orange light

It will take a second for the water to  
heat up. It will start brewing when  
it's ready.

### ENJOY!

There is creamer and various sugars located  
to the right of the machine.



**DISCLAIMER: I DON'T DRINK COFFEE. PLEASE LET ME KNOW IF YOU NEED SOMETHING THAT ISN'T VISIBLE.**



## *Drink up, buttercup*

NASHVILLE BAR SCENE

### ATTA BOY

*East Nashville speakeasy  
You must knock before entering  
Craft cocktails | No menu*

### SANTA'S PUB

*Sunday's are great for celeb sightings  
Double-wide, Christmas-decorated trailer  
Smoking inside | No liquor/only beer | Cash only*

### ROBERT'S WESTERN WORLD

*Best old-school honky tonk on Broadway  
MUST-SEE: Don Kelley Band  
Pay the extra \$1 to get fries with your bologna & cheese sandwich*

### SKULLS

*Printers Alley speakeasy  
Burlesque show  
Craft cocktails*

### CORNER PUB (CHURCH ST.)

*Vegas sports book style TV (read: giant)  
Awesome downtown location  
Bar food*

### NOELLE

*Best rooftop in Nashville | Open year around  
Speakeasy located downstairs (ask a staff member)  
Check out The Bobby Hotel next door*

# STACEY EAST

stacey4657@gmail.com ◆ 715 State Street | Nashville, TN 37479 ◆ (515) 456-4311

## PROFILE

15+ year foundation in accounting principles (GAAP laws, regulations, and standards). I possess an excellent understanding of production process in relation to general ledger reporting, including both fixed and variable manufacturing overhead costs. A financial leader, focused on improving operations, controlling costs and driving revenue and profits.

## PROFESSIONAL EXPERIENCE

Controller

Prices Interior Products

Aug 2014 - CURRENT

- Increase productivity and efficiency through improving operations, controlling costs and driving revenue and profits.
- identify and manage the immediate priorities while formulating plans to anticipate and address mid-term and long-term issues.
- Skilled in planning, implementing and directing a wide range of accounting and associated information systems, projects and initiatives.

Controller

Mercury Yarn

Sept 2007 - Aug 2014

- Increase productivity and efficiency through improving operations, controlling costs and driving revenue and profits.
- Identify and manage the immediate priorities while formulating plans to anticipate and address mid-term and long-term issues.
- Skilled in planning, implementing and directing a wide range of accounting and associated information systems, projects and initiatives.

Controller

Bluegrass Optical Media

March 2002 - Sept 2007

- Increase productivity and efficiency through improving operations, controlling costs and driving revenue and profits.
- Identify and manage the immediate priorities while formulating plans to anticipate and address mid-term and long-term issues.
- Skilled in planning, implementing and directing a wide range of accounting and associated information systems, projects and initiatives.

Controller

Apollo Car Systems

March 2002 - Sept 2007

- Increase productivity and efficiency through improving operations, controlling costs and driving revenue and profits.
- Identify and manage the immediate priorities while formulating plans to anticipate and address mid-term and long-term issues.
- Skilled in planning, implementing and directing a wide range of accounting and associated information systems, projects and initiatives.

## EDUCATION

**Bachelor of Science, Accounting**  
Kentucky State University

# MARY STATHEM

REGISTERED NURSE

ASHLEEVONSSMITH@GMAIL.COM

777 566 7089

JENSEN SONVILLE, CA 57566

## OBJECTIVE

HIGHLY MOTIVATED REGISTERED NURSE WITH 9 YEARS EXPERIENCE. CURRENTLY SEEKING POSITION THAT UTILIZES CLINICAL KNOWLEDGE, EXCEPTIONAL COMMUNICATION SKILLS AND TEAM-ORIENTED MINDSET TO ELEVATE PATIENT CARE AND SUPPORT ORGANIZATION.

## EDUCATION

MONTANA UNIVERSITY, 2007-2008  
ACCELERATED NURSING PROGRAM  
BACHELOR OF SCIENCE IN NURSING

EASTERN KENTUCKY UNIVERSITY, 2001-2004  
BACHELOR OF SCIENCE IN BIOLOGY/CHEMISTRY

## REFERENCES

NANCY SMITH, CRITICAL CARE NURSING MANAGER  
SAINT MARY'S WEST  
NANCY.SMITH@RSHING.ORG | 555-222-5555

MARTHA ODELL, REGISTERED NURSE  
SUMMITT MEDICAL CENTER  
DKJODIRE@GMAIL.COM | 444-444-4483

SUSAN EAST, REGISTERED NURSE  
HEALTHCARE  
JANETLUKERN@GMAIL.COM | 454-888-9999

## EXPERIENCE

### HEALTHCARE WORKSPACE SOLUTIONS

#### FLOAT POOL CRITICAL CARE RN, 2013-PRESENT

- Set up and monitor medical equipment and devices such as cardiac monitors, mechanical ventilators and alarms, oxygen delivery devices, transducers/triple manifolds and pressure lines
- Respond to life-saving situations requiring advanced cardiovascular life support
- Enhance technical skills and knowledge through participation in professional development and continuing education
- Patient advocate and emotional support resource

### SAINT MARY'S WEST HOSPITAL

#### CRITICAL CARE RN (PODS), 2009-2014

- Provide critical care to patients with potential life-threatening conditions
- Assess patient's condition, analyze charts and implement care plans
- Titrate vasoactive intravenous drugs to maintain hemodynamic stability in critically ill patients
- Recover fresh post operative coronary artery bypass surgical patients

## CERTIFICATIONS

- ACTIVE STATE OF TENNESSEE BOARD OF NURSING LICENSURE
- BASIC LIFE SUPPORT CERTIFICATION
- ADVANCED CARDIOVASCULAR LIFE SUPPORT CERTIFICATION

# The Value of Physician Affiliation

## Physician Affiliations: The Good, The Bad, The Past:

Recent changes in demographics, technology and the delivery and compensation (e.g., Accountable Care Organizations (ACOs) and “bundled payments”) of health care has pushed hospitals into mergers and affiliations with other hospitals and independent practitioners.

Hospitals know that affiliations and mergers help with:

- Managing lower reimbursement rates from public and private insurers
- Allow easier access to capital
- Increase efficiency

Affiliations also help lower business overhead (billing, insurance negotiations, owning electronic medical record system) thus granting more time to see patients.

Private-practice doctors have a tremendous value to hospitals: patients to fill beds, outpatient labs in the hospital and private insurance (which typically pay more than Medicare and Medicaid programs).

It needs to be noted there are negative effects of local physician/hospital consolidation (mostly for the patient) including:

- Growth in prices for patients, at least for some procedures
- Reduction in hospital quality for patients
- Minimize physician independence

During the 1990s, hospitals began to hire doctors from private practices. The first wave of this trend failed due to a scarce system of incentives once the doctor became a hospital employee. This led to a decline in productivity, ultimately reinstating the independent practitioner.

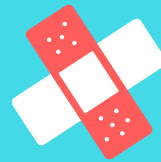
Hospitals now claim to be better equipped to manage doctors.

**ENTIRE ARTICLE CAN BE FOUND HERE:**

**<http://www.docdelta.com/single-post/2016/05/06/The-Value-of-Physician-Affiliation>**

# INCREASE YOUR RESPONSE RATE

We've compiled the open-rate data from last month's emails and the findings have been pretty interesting! Here are some tips to help you get noticed in a (very busy) doctor's inbox.



## 1 PERSONALIZE

The more you tailor your message to the individual physician, the bigger chance it will get noticed. Using the information and data from the physician's DocDelta profile, you can showcase the physicians expertise and characteristics that match the job requirements.

## 2 TO-THE-POINT

The best way to grab a physician's attention is short, to-the-point emails. Provide enough detail to spark interest, but leave room for curiosity. A follow-up question is a great way to build a conversation.



## 3 GIVE YOUR EMAIL A FACE

It's a good idea to let the physician know who you are. In a separate paragraph, provide details about yourself, links to your social media accounts and company website and even a picture. (The links will help track the reader's movement in the email.)



## 4 SUBJECT LINE

Asking a question in the subject line has been a big hit this month. Try asking a question about availability, interest in a lifestyle change, etc. Higher open-rates are correlated with thought-provoking subject lines--the catchier the better!



## 5 URGENCY

When you create a sense of urgency, you are igniting the reader to take action. Urgency can be created by adding a deadline, using time-sensitive language and providing a clear, direct call-to-action.



# Introducing NurseDelta



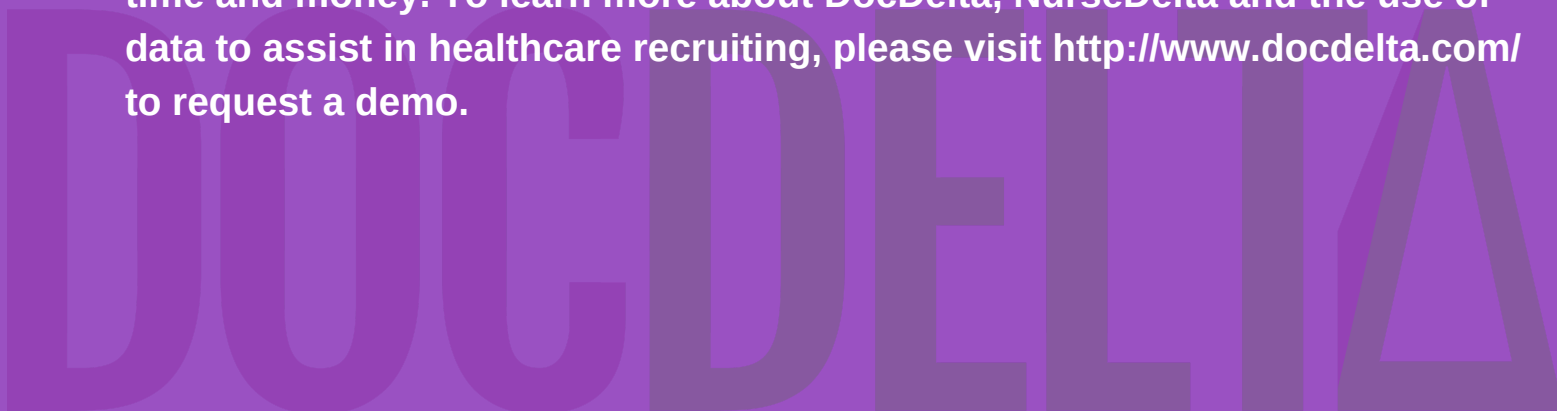
July 25, 2016

New York, New York - DocDelta, the revolutionary healthcare recruitment start-up, announces the launch of NurseDelta. NurseDelta is an extension of the DocDelta physician recruitment platform that uses big data and predictive analytics to match qualified clinicians to job openings throughout the country. The new extension will now include recruitment profiles on nurse practitioners, physician assistants and specialty nurses.

Within the healthcare industry, new standards and chronic shortages are creating a large demand for nurses with highly specialized experience. One of the biggest challenges for healthcare recruiters is the difficulty of developing an abundant applicant pool that includes candidates with the right kind of specialized job experience or certification.

John Dymond, CEO of DocDelta explains that “the goal of NurseDelta is to alleviate the labored hunt of finding qualified candidates.” Using an advanced algorithm, data-driven profiles and cutting-edge recruiting tools, the NurseDelta platform allows recruiters to maximum reach of nurses nationwide. Recruiters can use search functions within the software to find candidates whose experience match the job opening needing to be filled.

NurseDelta is the answer to simplifying the recruiting process while saving time and money. To learn more about DocDelta, NurseDelta and the use of data to assist in healthcare recruiting, please visit <http://www.docdelta.com/> to request a demo.



GET TOP RENTAL COVERAGE FROM A PRO



# THE CNW GROUP

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A Liberty Mutual Company



# How much would it cost to replace your valuables?



text here

Contents: \$30,000

Liability: \$300,000

Medical: \$5,000

Deductible: \$500

Premium: \$13\*



text here

Contents: \$30,000

Liability: \$300,000

Medical: \$5,000

Deductible: \$500

Premium: \$18\*

\*Estimated premium per month. Actual premium may vary based on claims history, building construction, multi-policy discounts and other factors.



Nationwide®

TRAVELERS 

PROGRESSIVE

Safeco Insurance™  
A Liberty Mutual Company

# LAKE LIVING

## FOR RENT

250 SANDERS FERRY RD |  
HENDERSONVILLE

Perfect for clients in transit, building a new home or new to the area. Short-term rental available 4/01! Fully furnished, completely renovated, new flooring, paint, updated bathrooms & kitchen.

Across the street from Creekwood Marina |  
Minutes from the interstate | \$1950/month-  
-\$500 deposit | Cable, internet, water,  
electric, monitored security system included!

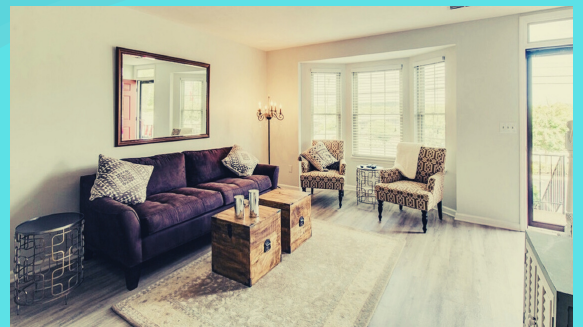
2 BEDROOMS | 1.5 BATHS | 1,100 SQ. FT.

## CONTACT

ROBBIN OWEN

615-476-1211

[rowen8792@gmail.com](mailto:rowen8792@gmail.com)





## CELEB STYLE: **SELENA GOMEZ**

[READ MORE >](#)



**W**hen she's not gracing the cover of magazines, **Selena Gomez** rocks a casual style with an ultra-chic twist. Take cues from Ms. Gomez and transform a simple romper into a personalized fashion-forward look that's all you.

[SHOP NOW >](#)

## FRIDAY FAVES: **GUIDE TO SUNNIES**

[READ MORE >](#)



A new pair of shades is this season's power accessory. Choose your favorite shape or accessorize per outfit choice.

[SHOP NOW >](#)

## OUTFIT OF THE WEEK **POOL PARTY STYLE**

[READ MORE >](#)



Make a splash in the fashion pool with showstopper swimsuits and flaunt your pool party style in bright colors, fresh patterns and fun accessories.

[SHOP NOW >](#)

**My account information:** LongFishName LongJettName Member # 7011 2635 9962 3398 XX,XXX points as of XX/XX/14 XXXXX points expiring on XXXXX/14 [Redeem Points](#)



### We want you to stay healthy this fall!

In the September edition of the Kmart Pharmacy newsletter, find wellness tips and member-only offers and perks including:

- ▶ Flu shots
- ▶ Immunizations
- ▶ Shop Your Way Health™
- ▶ Money-saving coupons

We appreciate you as a valued member, The Kmart Pharmacy Team



### Don't let the flu catch you Get your flu shot today!

Protect yourself and your family this flu season. The flu shot is covered by most insurance plans and no appointment is necessary. Also find tips and recommendations on defense against the flu.



[FIND A PHARMACY ▶](#) [LEARN MORE ▶](#)



### Get your vaccinations at Kmart Pharmacy

Kmart Pharmacy is dedicated to helping improve the vaccination rates and overall health of our patients. We are trained and qualified to administer the following vaccinations\*:

- ▶ Hepatitis A
- ▶ Hepatitis B
- ▶ Hepatitis A/B Combo
- ▶ Human Papillomavirus
- ▶ Influenza
- ▶ Mumps, Measles and Rubella
- ▶ Pneumococcal
- ▶ Shingles
- ▶ Tetanus, Diphtheria and Acellular Pertussis

All major plans accepted!

[FIND A PHARMACY ▶](#)

\*Vaccine administration is dependent on local pharmacy and state rules & regulations.



## Discover, share & shop healthy

Shop Your Way members now have a community to seek guidance for healthy choices—and shop for them, too!

Find exclusive offers

<p><b>Double points</b></p> <p>Get an extra 1% back on qualifying health purchases</p> <p>Offer ends 1/23/14. Exclusions apply. See details.</p> <p><a href="#">SHOP NOW ▶</a></p>	<p><b>25% off</b></p> <p>Save on Premium Membership at Care.com</p> <p><b>Care.com™</b></p> <p><a href="#">ENROLL NOW ▶</a></p>	<p><b>Free enrollment &amp; \$10 off eVisits</b></p> <p>Quick and easy online doctor visits</p> <p><b>AMERICAN WELL™</b></p> <p><a href="#">ENROLL NOW ▶</a></p>
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Exclusions apply. See details.

[ShopYourWayHealth.com](http://ShopYourWayHealth.com)



### Money-saving coupons

Check out these member-exclusive deals.

[PRINT COUPONS ▶](#)



Shop with help from your friends. Join [Shop Your Way™](#) and explore a vast interactive shopping community!

By accepting Shop Your Way member benefits and offers, you agree to the Shop Your Way terms and conditions, available at [www.shopyourway.com/terms](http://www.shopyourway.com/terms). Members earn points on qualifying purchases, including sales taxes and other fees. Subject to full program terms available at [shopyourway.com](http://shopyourway.com). Must remain eligible to receive promotional emails from Shop Your Way to earn bonus points. Bonus points are inclusive of, and in addition to, any base points earned on qualifying purchases. When bonus points offers are combined, total points earned will be less than the combined point totals for each individual offer. See [shopyourway.com](http://shopyourway.com) for details.

If you believe you received this email in error, contact us at Shop Your Way, 1-800-891-0700, where our helpful staff will verify your enrollment in our program.

For the most up-to-date points status please visit [www.shopyourway.com](http://www.shopyourway.com).

Products and assortments vary by store.

\*These offers are from and link to third-party sites. Shop Your Way Health does not own, manage, review, endorse or accept any responsibility for offers or content from these party sites.

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It's the childhood thrill that comes from within

[SHOP SCHWINN BIKES ▶](#)

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TO SHOP!!!

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## Scrumptious Holiday Dining a tale of savings

FIND A STORE ▶

SEE ENTIRE AD ▶

May your rib eye be juicy

**\$5.99**  
lb.

beef rib-eye roast (bone in)



and your pies hypnotize

**\$3.99**  
ea.

8" apple or pumpkin pie

May your Pepsi be bubbly

**5/\$5**

Pepsi 2 liters

Must buy 5. More or less  
than 5 are \$1.25 each.  
Offer ends 12/21/13.

SALE  
ENDS  
SATURDAY



and your chicken nice and plump

**Tyson**

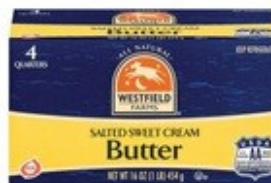
**\$1.99**  
lb.

Tyson Fresh boneless,  
skinless chicken breasts. Big Buy.

May your potatoes have nary a lump

**\$1.99**  
ea.

8 lb. russet potatoes



and your holiday dinner  
stay off your rump

**\$1.88**  
ea.

16 oz. Westfield Farms butter