



THE CONCORD

Official Newsletter of The OMO Group, Inc.

January 2004

Volume 2, Issue 1

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DO YOU HAVE A STORY TO TELL OR NEWS TO SHARE? IDEAS OR SUGGESTIONS?

If so, please submit articles, announcements, or issues to fax:(210) 691-5122 or email to: lorraine@omogroup.com
 You may also send by "snail mail" to:
 The OMO Group, Inc.
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CORPORATE OATH

Dedicated to providing professional healthcare services and maintaining close working relationships with our employees.

A special thanks to all employees for your hard work, support, and dedication.

Naval Dental Center Southwest Command Incentive Time-Off Award

Congratulations to the following employees: Judith Rappl, Margaret Arbon, Rebeca Llera, Kerri McDonough, and Audrey Stricklin! These outstanding employees received a (23) hour time-off award. Through superb levels of productivity and focused hard work they helped Naval Dental Center Southwest become one of only two BUMED commands that increased production in the face of more stringent BUMED classification standards.

2nd Annual Lackland AFB Contractor Partnering Conference

The Lackland AFB Contractor Partnering Conference was held on 16 Dec 2003. The goal of the conference was to continue to strengthen the bond that already exists between Lackland AFB and its contracting partners. The conference focused on areas affecting Government and Contractor Partnering, such as Government-Wide Purchase Card Program, Defense Finance & Accounting Service (DFAS), Information Technology (IT), Networking and Professional Relationships through the National Contract Management Association (NCMA) and Medical Logistics. The Conference provided insight into business processes as well as the opportunity for contractors to meet some key government personnel.

The OMO Group, Inc. received an exceptional rating through the DoD Assessment Rating System.

We would like to commend all our animal caretakers and custodial employees at Lackland AFB for your hard work and excellent service.

Change of Status

When an employee has a change of status (i.e., name change, birth in the family, withholding change, change in beneficiary, address change, etc.) the Personnel Department should be notified immediately so that the change can become part of the employee's personnel file. The Human Resources Department should be notified by receiving a personnel action notice form completed by the employee and forwarded through the site administrator.

Disclaimer:

The Concord is not intended to cure or treat any illness, nor provide professional advice. The objective of THE OMO Group, Inc. is to inform and update employees and others regarding Corporate policies and an array of interesting topics. *The Concord* is not to be used as a substitute for expert medical advice. **Always consult a physician, or other healthcare professional.** The OMO Group, Inc. assumes no liability for any direct or consequential damages related to *The Concord*.

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essage from the President

Oluagba Omosowofa
President & CEO



Happy New Year

I would like to wish everyone a happy New Year and a prosperous future. A special thank you goes to all our employees, consultants and associates as well as to government contracting personnel and officials for making the past year a successful one for The OMO Group, Inc.

Our services in 2003 were successful because of our team efforts: contract employees being flexible in meeting our customers' needs and being responsive to the corporate staff in providing necessary information that allowed us to meet contract requirements. As a result of our team efforts, The OMO Group was awarded an exceptional rating from some government departments, and some employees received outstanding recognition.

The OMO Group has begun to diversify in 2003 into providing humanitarian services, such as HIV/AIDS prevention to developing countries, particularly in Africa. We have committed resources to the fight against HIV/AIDS and are aggressively seeking Federal projects in this effort. We have collaborated with Partners for International Development and Education (PIDE), a non-government organization (NGO) in Nigeria, to provide HIV/AIDS preventive education in the Sub-Saharan Africa. We shall form a consortium of highly reputable organizations from academia, medicine, the pharmaceutical industry, and experienced HIV/AIDS foundations to fight the spread of this deadly disease in 2004.

It is evident that hard work and dedication, tenacity, application of Total Quality Management, and customer orientation will always be the ingredients for success. In light of this, let us remain focused and vigilant in 2004. Again, I wish everyone a prosperous New Year.

Personnel Note

As we begin a new year, it seems a good time to remind all OMO Group employees that their **total** performance factors into their evaluations and impacts the size of annual raises. Raises are not only based on job specific performance, but on how employees respond to the corporate office.

Of course, job performance remains the most important factor. We look at how you are performing the specific job we hired you to do. To judge this, we obtain feedback from your on-site supervisor(s).

We consider how employees respond to our corporate office to be an important factor. We expect timely responses to our inquiries for credentialing documents such as certificates and licenses as well as for address and contact information updates. We expect employees to comply with our contracts' physical exam requirements. There have been several recent employee inquiries about the specifics, including immunization and titer requirements.

Almost all our current contracts, as well as those on the horizon, have similar updated physical exam requirements. The specifics are Centers for Disease Control (CDC) driven and find their way into the contracts of all the military services. It is not The OMO Group's idea to check your MMR and varicella status or to require an annual TB skin test. This is mandated by the government and it is our contractual responsibility to comply. In turn, it is the employee's responsibility to do his or her part to complete all the mandated parts of the physical.

Please do your part to help The OMO Group comply with these requirements. Failure to complete a required physical exam is not only grounds for a poor performance evaluation, but it may be cause for termination.

Direct any questions to Dr. Richard Goldman, Director of Healthcare Operations, at the corporate office.

THE CONCORD

EMPLOYEE HIGHLIGHTS



HAPPY BIRTHDAY!!!!!!!

January

Dorothy Patrick, Issa Koroma, Robert Cruz
Richard Uneze, Priscilla Bulosan, Yolanda Robinson
Augustine Diaz, Antonio Espinoza, Audrey Stricklin
Angela Lyles, Joe Hernandez, Jeannette Whiting
James Magee, Gidget Griffin

February

Verna Dieterich, Romualdo Gamez

March

Hilt Mullennix, Tim Cook, Beltran Pastran
Kimberly Cuchara

April

Jack Berghuis, Araceli Cavazos, Leigh Lykins
LaTonya Bridgeman, Kerri McDonough, John Cantu
Craig Holguin, Cecilia Groesbeck, Rosalinda
Quintero

ANNIVERSARY

2 Years

Lorraine Williams, Rodger Gurdon, Verna Dieterich, Cheryl Morris

3 Years

Beltran Pastran, Fumie Gage, Augustine Diaz, Larry Diaz,
Jennifer Cox, Ingrid Saunders, Nina Watson, Melody Neal

4 Years

Josephine Celmer, Jack Berghuis, Clarence Prevo, Louisette Rivers

NEW EMPLOYEES

San Antonio, TX - Veteran's Admin. Division
Sally Floresvega, Craig Holguin, Maria Soliz, Grace Greesey,
Richard Castellano, Herminia Mares, Antonio Espinoza,
Stephanie Reynolds

Washington, DC - Walter Reed Army Medical Center
Hui Seo - Clinical Pharmacist
Danielle Laster - Pharmacist Tech

Recipes from Ann's Kitchen



Chicken Noodle Soup

1 pound Chicken breast fillets	2 tablespoons butter
1 pound Chicken thigh fillets	1/2 cup diced celery
1 cup chopped onion	2 cups water
4 cups chicken stock	1 teaspoon salt
1 cup sliced carrot	Vegetable oil
2 cups egg noodles	
1/2 teaspoon cracked black pepper	
1/2 teaspoon minced fresh parsley	
Garnish: minced fresh parsley	

1. Preheat oven to 375 degrees.
2. Rub a little vegetable oil over the surface of each piece of chicken and arrange them on a baking sheet. Bake for 25 minutes. Remove the chicken from the oven when it's done and set it aside to cool.
3. Melt the butter in a large sauce pan or dutch oven over medium heat. Sauté the onion and celery in the saucepan for just 4 to 5 minutes. You don't want to brown the veggies.
4. Dice the chicken and add it to the pot along with the remaining ingredients, except the noodles.
5. Bring the soup to a boil, reduce the heat and simmer for 30 minutes or until the carrots are soft.
6. Add the noodles and simmer for an additional 15 minutes, or until the noodles are tender. Serve with a pinch of minced fresh parsley sprinkled on it.

Makes 6 servings



HAPPY NEW YEAR
TO ALL

FROM THE OMO
GROUP, INC.

Job Opportunities

Accepting applications for
Pharmacists,
Medical/Pharmacy Technicians,
General Dentist
Dental Hygienists,
Dental Assistants,
Recruiters,
and
Animal Caretakers
nation wide
Contact our recruitment
manager today at
1-800-347-2705
to discuss available
opportunities and



"The Professionals Who Care"

THE HEALTH BEAT

Trans Fats

The Food and Drug Administration (FDA) has announced that as of January 1, 2006, food labels will have to include trans fat content. Trans fats are a type of fat.

Fats are the main form of energy storage in the body and are needed in our diet to supply the essential fatty acids that are required for growth and body functions. There are three main types of fatty acids: saturated, monounsaturated and polyunsaturated. Fats are a significant part of our diet, but the FDA suggests that fats contribute no more than 30% of our calories each day and that saturated fats contribute no more than 10%.

The common wisdom is that unsaturated fats are healthier than saturated fats but trans fats are the exception to this general rule. Trans fats are unsaturated fats that are **partially** saturated, usually by an artificial means. Their structure allows them to pack tightly together, thereby allowing shortenings and margarines made with trans fats to be solid at room temperature. Trans fats also improve taste and prolong shelf life.

Foods that commonly contain trans fats include stick margarine, vegetable shortening, snack foods, fast food French fries and many commercial baked goods, such as muffins and doughnuts.

While it is vital to have some fats, particularly the essential fatty acids, in our daily diet, too much of the wrong kind, saturated fats and trans fats, may be bad. Both saturated fats and trans fats raise blood levels of "bad cholesterol" (LDL), but only trans fats lower "good cholesterol" (HDL) blood levels. Research has not only shown a potentially dangerous increase in LDL from trans fat ingestion, but studies have shown an **actual** increased incidence of Coronary Heart Disease in people who eat more trans fats.

Until the new labels are in use, consumers can detect a clue of the presence of trans fat in a product if the list of ingredients includes hydrogenated or partially hydrogenated vegetable oil, an indicator of trans fats.

Labeling rules now require the amount and % of Daily Value (DV) of total fat and saturated fat **in a serving**. The new rules will require a listing of the **amount** of trans fat (but not the %DV). Products that contain "partially hydrogenated vegetable oil," and hence trans fats, could still legally list the trans fat content as 0, because when trans fats are present in amounts less than 0.5 grams per serving,

the value is rounded down to 0. Further confusing the issue, serving sizes are often artificially small compared to reality.

There is no expert consensus as to the ideal amount (i.e., DV) of trans fat in the daily diet; some feel that even **any** amount might be deleterious. Without a DV, no % DV can be calculated. Research is ongoing into whether there should be a Daily Value level for trans fats, and if so, what it is.

You may see some manufacturers including trans fats on their labels soon, particularly those who want to show how free or **apparently free** of trans fats their products are.

There is no need to wait for mandatory labeling to modify your diet to avoid trans fats. Cut back on doughnuts, French fries and store-bought muffins and cookies. Avoid foods where hydrogenated or partially hydrogenated vegetable oil is a major ingredient. When possible, choose foods that are made with naturally unsaturated oils such as canola oil or olive oil.

Butter is low in trans fats compared to margarine. So is butter better for you? One should consider the total picture. Most margarines have less total fat than butter and **all** have less combined saturated fat plus trans fat. Tub and liquid margarines have significantly less total fat than butter and only minimally more trans fats, so you are still nutritionally better off using the **right** margarine rather than butter.

While we await the new labeling, the wise consumer should: avoid foods with "partially hydrogenated oils" too high on the ingredient list; consider the **total** fat content since all fats can contribute to obesity; and minimize the intake of French fries, doughnuts, hard margarine, etc.

Be proactive about your own health! Read updates in the health and nutrition columns of magazines and newspapers. Be a wise consumer. Look at the Nutrition Facts panel on the label for the amounts of various components, but also scrutinize the serving size and consider the overall nutritional implications where the manufacturer lists an unrealistically small serving size.

For a more extensive discussion of this subject go to our newly expanded website: www.omogroup.com.