



THE CONCORD

Official Newsletter of The OMO Group, Inc.

August-2005

Volume 3 Issue III

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Inside Information

VA Schedule	1
In-Service Training Brooks City-Base	1
In Case of Emergency	1
President's Message	2
Two Star Award	2
Recipe from Ann's Kitchen	3
Employee Highlights	3
Health Beat	4

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

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

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

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

VA Schedule

The OMO Group has been awarded a contract with the VA National Acquisition Center to provide healthcare services to a wide range of federal government agencies and departments under the auspices of the GSA Federal Supply Service Schedule ("VA Schedule"). This vehicle will allow The OMO Group to compete for providing various medical specialties in 16 states and Washington, DC, without having to go through the often time consuming process of individual contract proposal preparation. This is a wonderful opportunity for The OMO Group. It also widens the possible employment horizons for many of our current employees. Any OMO Group employees who are contemplating a move to another geographic area should notify our Recruitment Department of their interests and availability as well as provide us with a current resume.

We see our VA Schedule contract as the beginning of a new chapter of growth for The OMO Group.

Saving ICE

A new trend prompted by an email frenzy is storing the word "ICE" in your mobile phone address books, followed by a phone number, heeding advice from an e-mail circulating worldwide. ICE means "in case of emergency" and helps rescue and police personnel notify the right person, should the need arise.

Many have learned of the initiative from phone calls or e-mails in recent weeks from residents wondering whether ICE was an Internet hoax or a useful tool. A paramedic in England, who noticed that many patients did not carry emergency contact information, launched the initiative this year, according to icecontact.com, a Web site promoting the effort. Word of the effort spread after the recent London transit system bombings. Typically, ambulance personnel will look for emergency contact information only after providing initial treatment and after stabilizing the patient. And generally they look for it only if they believe medical history may help in treating the victim. Otherwise, police typically will look for identification and contact information if the patient is seriously injured or there has been a fatality. In some instances, police will check cellphones, but generally that hasn't been helpful because of the difficulty of finding the right contact. That may change as more and more people add "ICE" to their cell phones.

In-service Training at Brooks City-Base

The OMO Group's Veterinary Consultant, Dr. Dana Beckham, recently presented training for our Animal Caretaker employees at Brooks City-Base, TX. The informative Saturday session was the first in a series of instructional programs aimed at preparing them to take the certifying exam as Assistant Laboratory Animal Technicians (ALAT). We thank Dr. Beckham for her enthusiasm and her willingness to share some of her knowledge with our staff!

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*.

"The Professionals Who Care"

M

essage from the President

Oluagba Omosowofa
President & CEO



HOW PRIDE DESTROYS OUR LIVES

Pride is inherently acquired at birth and remains an integral part of our human nature. Webster's New World College Dictionary defines pride as an unduly high opinion of oneself. To better understand the inherent nature of pride and its impact on our lives, let us first take a look at little children. Children are selfish and want their way all the time even at the expense of others. It is me, me, me, all the time. It is pride that causes children to not share things with others, demand for more things than others, refuse to express gratitude, etc. They are always rebellious and love to disobey because of pride. But as we continue to grow, we begin to understand that sharing, obeying instructions, yielding to someone, expressing gratitude, respecting others, etc, are important parts of life.

Although, as adults, we shed some of the characteristics of pride, we still retain some of its potent elements. As a result of these retained elements of pride, we have broken marriages, wars, crippling businesses, discriminations, territorial domain, etc. It is pride that causes married couples to quarrel or live a miserable life, because each party is unwilling to apologize, even when clearly at fault. When one recognizes that he or she is at fault, apologies are not rendered; instead a long explanation is given for such a behavior. Just simply saying sorry would ameliorate the situation, but because of pride one would rather give a lengthy explanation to justify behavior. It is pride that causes some wives, with higher income than their husbands, to exalt themselves as spiritual leaders in the home. In due time, this causes friction and ultimately divorce.

Pride causes wars, racism, and other societal vices. It is pride that causes an individual or a group of people to think that they are better than others, treat others as if they are beneath them and to not compromise on issues. Pride makes people always want their way or nothing at all. It is pride that causes a country to feel she is better than other countries because of her economic status or standard of living. Hence, affluent or rich countries tend to impose their will on other less developed nations.

In the final analysis, this world would be a better place if people were humble. Again, going back to our childhood, it would have been better if we understood humility, knew how to share with other kids and when to be content with what we had, rather than demand or fight to get more than others. As we become adults, we still have problems with humility. Some of us are naturally beautiful or talented, which is a gift from God and was never purchased on earth. Therefore, we should not shun or look down on those who are less fortunate. We should always learn to be patient and wait on others, and above all to learn how to say "I am sorry". The word SORRY, when said with sincerity, ameliorates almost all issues, disputes or quarrels. If you can conveniently and sincerely say sorry when at fault, you are indeed humble.

Kudos to Jack Berghuis!

Jack Berghuis, The OMO Group, Test Examiner at the Army Education Center, Ft. Sam Houston, TX, has recently received a TWO-STAR (of the Major General variety) thank you for his efforts in providing testing support to a recent U.S. Army South and Army Attaché Conference.

The OMO Group is very proud of his performance, as it exemplifies our role as a ready partner with the military in getting the mission accomplished, no matter what it may be!

Job Opportunities

Accepting applications for the following positions:
Pharmacists, Medical/Pharmacy Technicians, General Dentists, Dental Hygienists,
Dental Assistants, Recruiters, and Animal Caretakers nationwide
Contact our recruitment manager today at **1-800-347-2705** to discuss available
opportunities and locations.



"The Professionals Who Care"

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EMPLOYEE HIGHLIGHTS



NEW EMPLOYEES

San Antonio TX Corporate Office

Receptionist– Sally Henry

Walter Reed Medical Center– Pharm Tech

Adrienne Kinney, Julia Raudales

Naval Hospital New Orleans – Dental Assistant

Sharee Fisher

Naval Hospital Lemoore – Dental Hygienist

Jessica Weber, Connie Carvalho

Naval Hospital Pensacola – Dental Assistant

Agnes Allen

Veterans Administration – General Clerk II

Charles Toudouze, George Staly, April Dziuk,
Rachel Rocha, Ruben Trevino, Norma Galmichie
Heidi Bell, Arleen Calavera-James

HAPPY BIRTHDAY!!

July

Linda Zierdt, Judith Peacock, Agnes Allen, Virginia Roberts, Louissette Rivers

August

Dr. Richard Goldman, Adrienne Kinney, Jessica Weber, Courtney Dugger, Crystal Wild, Rodger Gurdon, Judith Rappl, Tandra Jackson, Norma Galmiche, Shirley Flavien,

September

Wanda Hammond, Richard Vagts, Rebekah Schultz, Mary Pappey, Louise Joplin, Oluagba Omosowofa, Diane Davis, Brenda Lyter, Sundry Drummond

HAPPY ANNIVERSARY

1 Year

Shirley Flavin, Leola Masters, Charita Rodgers, Gayle Paul, Kristin Quinonez

2 Years

Kimberly Cuchara, Solange Depenyou, Rebekah Schultz, Jonah Ejenavie, Crystal Wild

3 Years

Richard Uneze, Virginia Roberts, Louise Joplin, Leigh Lykins

5 Years

Fumie Gage, Priscilla Bulosan, Richard Vagts, Roberto Cruz, John Beagan

7 Years

Alodie Cicat



Recipes from Ann's Kitchen

Christmas Swedish Porridge- (Julgrot)

Christmas rice porridge is a part of the traditional Christmas Eve supper. According to an old Swedish tradition and practiced in many homes in America, each person must compose and recite a rhyme before touching the porridge and the one who gets the almond hidden in the porridge will marry during the coming year...

2 quarts water
1 cup. rice
2 Tablespoon butter
1 teaspoon salt
2 tablespoons sugar
5 cups. milk
1 blanched whole almond
Ground cinnamon for sprinkling
sugar for sprinkling
Grated almonds for sprinkling
Cold milk for accompaniment

1. In a large saucepan bring water to boil; add rice bring to a boil and cook uncovered, about 1 minute. Drain rice thoroughly. Place rice, butter, salt and sugar with milk in top of double boiler. Cover and cook over low-simmering water until rice is tender and milk is absorbed, about 2 hours.

2. Pour into serving dish and stir in almond. Sprinkle top generously with cinnamon, sugar and grated almonds. Serve with cold milk.

Makes 8 servings.

THE HEALTH BEAT

INSOMNIA

Insomnia is the inability to sleep well, manifested by difficulty falling asleep, waking up frequently, waking up too early in the morning and/or having unrefreshing sleep.

The main function of sleep appears to be to rest and repair the body, but there are psychological benefits also. The loss of Rapid Eye Movement (REM) sleep (when dreams occur) can cause people to become irritable, anxious and in extreme cases, have hallucinations.

Transient insomnia, which routinely affects about 50% of adults lasts from one night to a few weeks. (But 90% of people have had it **at some time** during their lives.) It can develop into chronic poor-quality sleep if one begins to worry about the problem.

Intermittent insomnia is where one experiences sleeping problems from time to time.

And **chronic insomnia** (which affects 10-15% of adults) is when it occurs on most nights and the problem persists more than a month.

Sleeping problems are more common in women and the elderly. About 45% of senior citizens have sleeping problems and 14% use sleeping pills.

Primary insomnia is a sleep disturbance where there is no obvious underlying condition causing it, but it may be related to stress, environmental noise, temperature extremes, medication side effects, etc. Excessive use of alcohol, drugs, or caffeine and shift work may contribute. Insomnia can become a self-fulfilling prophecy where those who have had difficulty falling asleep, go to bed worrying about insomnia, and develop an adverse association between the bedroom and sleep.

Secondary insomnia is a sleep problem caused by a **specific** physical or psychological condition, such as sleep apnea, restless legs syndrome, substance abuse or withdrawal, circadian rhythm disorder, depression, arthritis, heart failure, Parkinson's disease or hyperthyroidism. Prescription, nonprescription or illegal drugs may cause insomnia.

The treatment of insomnia is directed at the underlying cause when there is a specific one. People suffering from anxiety or depression may be helped by counseling or medications specifically aimed at those problems.

For sleep apnea, sometimes a nose mask might help, as does sleeping on one's side, but alcohol or sleeping pills should not be used.

Muscle relaxation techniques or certain drugs may help alleviate restless legs syndrome.

Alcohol is often used to relax and to help initiate sleep, but it is of limited benefit, since in small amounts it can be relaxing, but tolerance and withdrawal can occur very quickly.

Anti-histamine containing over-the-counter sleeping pills like Sominex and Nytol are probably the most commonly used treatments, other than alcohol.

Your doctor can prescribe medications that can help, but be careful of dependency. Some doctors feel that prescription drugs should be tried as soon as problems arise; others believe sleep hygiene methods should be used first.

There are different types of sleeping pills. Benzodiazepines, such as Dalmane, Halcion and Restoril, have some side effects like poor coordination, reduced reaction time and impaired memory. Barbiturates, like Seconal and Nembutal, used to be the standard, but lethal overdose is more common with them, especially in combination with alcohol. Chloral hydrate acts similarly to barbiturates but has fewer severe side effects in standard doses. There are newer short-acting drugs like Zolpidem (Ambien) and Zaleplon (Sonata) with fewer side effects than benzodiazepines.

It is best to limit sleeping pill use to no more than 2 weeks, to avoid them from becoming habit forming.

Short-term use of sleep medications can speed the recovery from transient effects like jet lag or shift workers changing shifts.

Some herbals are recommended for insomnia, but don't take them unless you check with your doctor, as they can interfere with the actions of other medications

Sleep hygiene is a series of behavioral modifications: Develop a regular sleeping schedule, avoid cat-naps and shun stimulating activities just prior to bedtime.

Limit caffeine intake during the day and absolutely for the last 6 hours of the day.

Avoid alcohol in the two hours before bedtime.

Stop smoking since nicotine can lead to insomnia.

Avoid heavy meals, especially before bedtime.

Use your bed only for sex and sleep.

Exercise regularly during the day—but not in the pm.

Try a sleep mask and ear plugs at night.

Take any necessary medications that may be stimulating long before bedtime.

Relaxation therapy includes methods to ameliorate anxiety and bodily tension.

Sleep restriction is a method of only allowing oneself to get a few hours sleep a night, and then over a period of time increasing it to a more normal night's sleep.

No matter what happens, stay calm--a few hours of missed sleep won't ruin your life. If you always worry about lost sleep, you're likely to have trouble sleeping.

Insomnia is a symptom with many causes. The "why" will drive the cure. So with some prudent actions, with or without prescription help, most people can start sleeping better, stay better rested and enjoy their waking hours more!