

Tips on using the net to enhance your healthcare career

HEALTHCARE professionals are in one of the most intensive and demanding occupations available today. Not only do they have long hours and graveyard shifts, they work without even seating down at times, and face life and death situations on a regular basis. When they get home, logging on the net is the least of their priorities, especially if they have a family. It's because they have to do a lot of household chores, deal with personal errands and a host of other matters.

The reality, however, is that the internet can actually be used to enhance your healthcare career. The tools before you, like the World Wide Web, chat, social

program telling people that they can reach you through your mobile if it's an emergency.

Visit and use niche-oriented sites

Google, Yahoo, MSN, CNN.com, Facebook and their applications are five of the largest and most visited sites online. But they're not the only ones available for information or research. There are websites dedicated to a specific industry or cause and can provide more in-depth information on whatever topic or item you're finding. Our previous article, *Ten Websites Every Healthcare Professional Should Know* (see it at <http://junocareers.wordpress.com>), will be a good starting point for sites you can visit on the industry.

For your personal interest, the following sites give you plenty of materials for any form of personal or professional research. WebMD (<http://webmd.com>), TechCrunch (<http://www.techcrunch.com>), Digital Photography School (<http://digital-photography-school.com>), Environmental News Network (<http://www.enn.com>) and the different channels on About.com (<http://www.about.com>) gives tons of information on their niches.

Knowing, visiting and using niche-oriented sites make you delve deeper in your topic and veer away from the scratch-the-surface and general materials big websites provide. Remember, the internet is a great sea filled with data and people from diverse resources. But to tap into this great gem of knowledge effectively, you have to know where to find what you want.

Basic online research, when understood and properly applied, will allow you to take advantage of the resources the internet offers. From free information, to special software, forums and discussion boards on various topics—everything with useful research techniques can all be within reach. Also, don't forget to visit websites of hospitals and medical schools as they usually have resources sections and electronic libraries you may be able to access.

Consider online social activities a last priority

Although it's the most enjoyable aspect of logging online, if you aim to be productive at work or at home while on the net, don't prioritize these activities. YouTube and Yahoo! Messenger can cause you to lose hours of productivity.

Social networking is an exciting endeavor and can even be used for professional networking, but can also be a distraction. If you want to make something out of your time online, discipline yourself from logging on a social network account until you have accomplished an important part of your online research agenda, whatever your objective may be.

The internet can be a time waster or a free utility for you to discover and create new things or connect to the right people. If done right and with discipline, you can find yourself using it to your utmost advantage, professionally and personally, that will lead you to become a better pro at work!

CHARMAINE TEODORO is the Senior Vice President of JUNO Healthcare Staffing, a group of companies that recruits RNs, LPNs, CNAs and allied healthcare professionals and deploys them to healthcare facilities on a full-time, part-time, per diem or travel assignment. It also sponsors foreign-trained RNs for immigration to the US. JUNO has offices in New York, and in New Jersey where it offers homecare services.

JUNO Healthcare Staffing System, Inc.
411 Fifth Avenue, Suite 1006, New York, NY 10016 • T 212-685-5866 • F 212-685-5867 • Website: www.junohealthcare.com

Story from page 4

of originals and arrangements which includes original tracks: *Unang Tingin, Kabiguan, Huwag Mong Saktan*, and *Mahal* on the album *Zeny R. Antonio in Concert: Mga Awit Ng Pag-Ibig, Lungkot At Ligaya*. Other albums to name a few include: *Bernie Oades: Favorite Filipino Ballroom Dance Tunes, Bernie Oades: Ballroom Dancing, featuring Father Noel; Bernie Oades: Original Love Themes* and *Bernie Oades with Tony Camacho*.

In 1973, Bernie Oades established his band, D'Executives, in the New York Metropolitan area which featured Filipino performers such as Carmen Patena, Zeny Antonio, and Tony Camacho. His legacy continues on with D'Executives Band through his daughters, Bernadette Oades-Sumague as Manager/Lead Singer and Geraldine Oades-Sese as the drummer. His musical spirit further survives through his grandchildren Bernard "DJ Nano" Cortes of Envision Nightlife, April Sese of heavy metal band Suspyre, and Richard Sese of the St. Peter's Prep Jazz Band.

Bernie passed away on July 7, 2009 due to a stroke at Robert Wood Johnson University Hospital, New Brunswick, NJ. He is survived by his wife Erlinda Ventura Oades, DDM and two daughters, Geraldine Oades-Sese, Ph.D. in Psychology and Bernadette Oades-Sumague BS in Biology/Chemistry and currently pursuing an MBA at Northeastern University Graduate School of Business. Geraldine is a professor at the Graduate School of Applied and Professional Psychology at Rutgers University. Bernadette currently owns and operates a Global Project Management consulting firm for major pharmaceuticals.

All are invited to pay their respect to Bernie Oades. The viewings will be held at McLaughlin Funeral Home, 625 Pavonia Ave., Jersey City on Saturday, July 11th and Sunday, July 12th from 2pm – 6pm. On Monday, July 13th there will be a private viewing held at Our Lady of Mercy Chapel 10:15am followed by a mass held at Our Lady of Mercy Church, 40 Sullivan Drive, Jersey City at 11:00am. He will be laid to rest at Woodbridge Memorial Gardens, Route 1 N & Woodbridge Ctr. Dr, Woodbridge, NJ.

Please come and join us to honor an extraordinary and loving husband, father, grandfather, uncle, friend, and an exceptionally talented pianist and artist.

Born on June 23, 1937, Severo "Bernie" Oades, a graduate of Far Eastern University, debuted as a pianist after winning the Philippine National Championship in 1961 of the "Hamon sa Kampiyon" talent competitions. Since then he has had piano solo performances traveling thrice around the world from 1961 to 1973 and was a recipient of various musical awards in Australia, Southeast Asia and the USA. Some of his most notable performances were held at the Royal Palace of the King of Thailand and at Wellington

University in New Zealand. He was appointed Entertainment Director and Purser of the Princess Margaret Cruise Lines for many years.

Named Musician of the Decade by Glitz and Fanfare Magazine in 1991, Bernie Oades is known as much for his compassionate heart and endless generosity and for his lively and soul-stirring music. A composer, musical director, and performer, Bernie was granted full membership by the American Society of Composers Authors and Publishers (ASCAP). He recorded 7 CD Albums of originals and arrangements which includes original tracks: *Unang Tingin, Kabiguan, Huwag Mong Saktan*, and *Mahal* on the album *Zeny R. Antonio in Concert: Mga Awit Ng Pag-Ibig, Lungkot At Ligaya*. Other albums to name a few include: *Bernie Oades: Favorite Filipino Ballroom Dance Tunes, Bernie Oades: Ballroom Dancing, featuring Father Noel; Bernie Oades: Original Love Themes* and *Bernie Oades with Tony Camacho*.

In 1973, Bernie Oades established his band, D'Executives, in the New York Metropolitan area which featured Filipino performers such as Carmen Patena, Zeny Antonio, and Tony Camacho. His legacy continues on with D'Executives Band through his daughters, Bernadette Oades-Sumague as Manager/Lead Singer and Geraldine Oades-Sese as the drummer. His musical spirit further survives through his grandchildren Bernard "DJ Nano" Cortes of Envision Nightlife, April Sese of heavy metal band Suspyre, and Richard Sese of the St. Peter's Prep Jazz Band.

Bernie passed away on July 7, 2009 due to a stroke at Robert Wood Johnson University Hospital, New Brunswick, NJ. He is survived by his wife Erlinda Ventura Oades, DDM and two daughters, Geraldine Oades-Sese, Ph.D. in Psychology and Bernadette Oades-Sumague BS in Biology/Chemistry and currently pursuing an MBA at Northeastern University Graduate School of Business. Geraldine is a professor at the Graduate School of Applied and Professional Psychology at Rutgers University. Bernadette currently owns and operates a Global Project Management consulting firm for major pharmaceuticals.

All are invited to pay their respect to Bernie Oades. The viewings will be held at McLaughlin Funeral Home, 625 Pavonia Ave., Jersey City on Saturday, July 11th and Sunday, July 12th from 2pm – 6pm. On Monday, July 13th there will be a private viewing held at Our Lady of Mercy Chapel 10:15am followed by a mass held at Our Lady of Mercy Church, 40 Sullivan Drive, Jersey City at 11:00 AM. He will be laid to rest at Woodbridge Memorial Gardens, Route 1 N & Woodbridge Ctr. Dr, Woodbridge, NJ.

Please come and join us to honor an extraordinary and loving husband, father, grandfather, uncle, friend, and an exceptionally talented pianist and artist. ■

JUNO CONNECTION



CHARMAINE TEODORO

in becoming a better nurse, therapist or any other allied health worker.

Decide you will be productive

As cliché as it sounds, if you want to get something out of online activities, you need to decide you'll be productive when you log online. The net can have too many distractions, from YM to IM to Facebook to Twitter and MySpace. For you who don't have much time, it's not a good thing. So when logging in, have a mindset that you're online to accomplish something, not just to chat with friends or loved ones. Just as you are passionate in what you do when you're in one of your facilities, have that inclination to search online about something that will make you a better professional.

Be clear on what you want to know or find

Similar to our first suggestion, as soon as you decide that you will be productive, you need to know what information you want to get. Are you looking for some continuing education classes? Want to learn about industry trends in healthcare staffing? Want to know how to have a better relationship with your agency? Interested in understanding the techniques of a particular procedure? Pinpoint what you want to know and go for it.

As you become specific on what you plan to accomplish for the next 20-30 minutes or for a few hours when you're on the net, be persistent. Remember, a nugget of knowledge you could learn today could save someone's life tomorrow.

Avoid checking e-mails as a first activity

Although all of us have to do it, checking e-mails is a very time consuming activity, which you may not even realize. Due to unsolicited e-mails and new features, we sometimes spend more time deleting spam and organizing folders than communicating using our e-mail accounts. This alone can eat up a lot of time and may just defocus you from the very beginning. So unless there's some urgent message or file you're waiting for, it's never advisable to check your e-mail first.

Tim Ferris, author of the book *The Four Hour Workweek*, recommends that you only check e-mail twice a day, once at 12nn and another in the evening. You can send an automated response from your e-mail

Employment • Psychic • For Rent • Services • Business Opportunity • Carpentry • Contractors & Builders • Credit Services • Moving • Escapes • Jobs & Career • Business • Personal • Services • Storage • Heating & Cooling • Home Improvement • We Accept VISA

Classified Ads

5 Penn Plaza, Unit 1932 New York, NY 10001 • Tel. (212) 655-5426 • Fax. (212) 655-9241

BUSINESS OPPORTUNITY

Do you have a retail outlet or store location?

MoneyGram International cordially seeking agents:

- Increase your revenue and store foot traffic
- No extra investment required
- Easy to operate

If you are interested, please contact

East Coast: Jay Yu
718.713.9010



West Coast: Ted Lee
714.672.0255

EMPLOYMENT

EXPERIENCED COOKS & CHEFS

FREE Transportation to North Carolina and FREE Housing Provided

Joel's Asian Grill & Sushi
CHINESE, JAPANESE, THAI, PINOY & OTHER ASIAN CUISINE

LAKE NORMAN, CHARLOTTE, NORTH CAROLINA
joeljose@aol.com - email
(704) 402-3548
Pinoy Owned And Operated
www.joelsgrill.com

FOR SALE

BEACH HOUSE
FOR SALE

LOCATED AT
San Roque, Santiago Ilocos Sur Philippines
Lot area 3,700 square meters plus
Floor area 300 square meters

For inquiries call- Zeny (425) 299-2206

For ad inquiries call
212.655.5426
or fax us at
212.655.9241

READ BETWEEN THE LINES

ASIAN JOURNAL

SOUTHERN CALIFORNIA • NORTHERN CALIFORNIA • LAS VEGAS • NEW YORK / NEW JERSEY

PSYCHIC

PSYCHIC READINGS BY ANNA

Are you unhappy?
Do you feel everything you do goes wrong?
Has your loved one changed?
Do you feel unfulfilled with your job/career?

Where there is darkness, she can bring light. She tells you your past, present, & future. Any questions you may have, she can answer.

☆ CALL TODAY! **718.494.7778** ☆

Employment Opportunity

As part of our expansion, the Asian Journal Publications is now hiring:

ACCOUNT EXECUTIVES

for our NEW YORK OFFICE

Valid work authorization required
Fax resumé to:

213.481.3798

IT'S TIME TO TAKE THE STEP!

ASIAN JOURNAL PUBLICATIONS