

The Snoozeletter

For Anesthesiologists

February 2012



Sycamore Anesthesia Services, Ltd.
PO Box 474 • Sycamore, IL 60178

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Sycamore Anesthesia
has been in
business since 1988.
You can trust us to do
a great job serving
you!

Locum Tenens and Permanent Placement

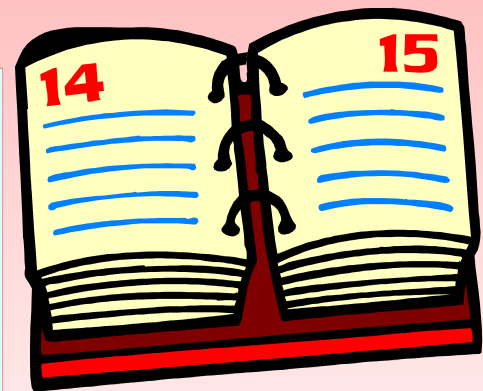
SAS offers both short and long term opportunities for MDAs. We can schedule single dates, weeks, or months of work as temporary coverage or find a permanent position that suits your individual needs and goals.

We have opportunities nationwide, in many different settings. We have a personable, professional staff who is willing to put in the extra effort to find something you are looking for. Plus, we only staff anesthesia needs, so it's our specialty! Included in this experience:

High Pay Meal Reimbursement
Paid Lodging Mileage Reimbursement

Email or call us today!

staffing@sas-ltd.com 800-438-7178



**Sending us your
updated credentials
as soon as you get them
will save everyone time for
both
locums and perm.**

**Fax them to:
815-899-1413**

Caring for yourself

Stress.

You're bombarded by it in varying levels every day. The anxiety on patients' faces in pre-op. The concern of well-meaning family members. The tension in colleague's voices as the shortage continues.

As your stress levels rise, how do you react? Do you frequently substitute a candy bar or a snack for a nutritious meal? When was the last time you exercised-regularly? Got over five hours of uninterrupted sleep? Or even spent more than a few minutes relaxing? If you're like a growing number of Americans your answers to these questions reflect the increasingly fast pace of our lives today-and the need for better self-care strategies.

Whether you're a current mobile professional, previous traveler, or a provider simply thinking about the lifestyle, chances are there are stressors in your environment that you could easily do without. It's up to you to identify them and develop ways to reduce their effects.

So the next time stress strikes, put that nervous energy to work. Go for a walk with a friend. Scour farmers' markets for fresh salad ingredients. Search for the perfect bubble bath. Listen to a new CD. By taking a few minutes each day to care for yourself, you will improve your health and well-being and, in turn, enhance your professional practice.

**taken from March 2004 Healthcare Traveler editorial*

Continuing Education:

24th Annual Winter

Anesthesia Conference

Snowmass Village, Colorado

Silvertree Hotel & Conference Center
March 4- March 9, 2012



Meetings and Trips:

THE DIFFICULT AIRWAY COURSE:

ANESTHESIA

LAS VEGAS, NEVADA

PARIS HOTEL

APRIL 20 - 22, 2012

*Current Topics in
Anesthesia*

Turks & Caicos Island, BWI

Beaches Resort & Spa

April 22 - 27, 2012

Locum Tenens

Are you currently thinking about joining the thousands of other Anesthesiologists in a locums tenens career? Have you been working locum tenens positions and maybe just not happy with the results that your current agency is providing? Have you been working independently as a locums provider and tired of doing all of the searching for the right position, invoicing, and all of the other time consuming tasks? If you have answered yes to any of these questions, maybe it is time you considered *Sycamore Anesthesia Services, Ltd.*

Sycamore Anesthesia Services, Ltd. (SAS, Ltd) is one of the largest locum tenen/permanent placement agencies in the Midwest specializing ONLY in Anesthesia. Established in 1988, *SAS, Ltd.* is owned and operated by Rodney Griffis, an anesthesia provider. We recruit Anesthesiologists looking for both permanent and locums placement.

At *SAS, Ltd.*, our small office packs a huge punch. Between the management team and the recruiting team, *SAS, Ltd.* offers more than 25 years of recruiting experience. We have what it takes to continue your career in the right direction. Get in touch with us today.

Contact Monica at 800-438-7178 or email : staffing@sas-ltd.com
 Fax: 815-899-1413



Important Contact Information:

Phone/Fax Numbers:



SAS Office Phone Numbers:
815-895-4850 or 800-438-7178

Fax Numbers:
815-899-1413 or 866-626-1413

After hours, in an Emergency-815-501-4902

Dannemiller foundation:
800-328-2308



American Society of Anesthesiologists:
847-825-5586

Emails:

Owner Rod Griffis, CRNA - rod@sas-ltd.com

Locum Tenens / General Office
Monica Mathiasen staffing@sas-ltd.com

Permanent Placement
Diane Manzella perm@sas-ltd.com





Contact
Sycamore Anesthesia for the most
current Locum Tenens
and
Permanent Placement
information!
800-438-7178

Permanent Placement:

Sycamore Anesthesia’s Permanent Placement Department
is fantastic!!!

We work around your skills, preferences, ideas and goals.

YOU are our top priority! If you’re looking for a job in the
anesthesia world, look no further!

Sycamore Anesthesia Services is ready to help,

with no cost to you!!!! We can set up interviews, help you out with
credentials, and much more!!! Don’t waste time looking for a job on
your own, let the pros at SAS give you hand! **You’ll be glad you did!**

Contact **Diane** today!

Call: 800-438-7178 or Email: perm@sas-ltd.com



**WE ARE NOW ON
FACEBOOK!
SEARCH FOR

SYCAMORE ANESTHESIA
AND ADD US AS A FRIEND
OR FIND THE COMPANY
PAGE AND ‘LIKE US’!**



**SAS is going Green
for 2012!**

Please visit our website
www.sas-ltd.com