



MIDLANDS COMMUNITY NEWS
A MIDLANDS, ORANGEBURG, SC PUBLICATION

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Special points of interest:

- Saving on Fuel
- Continuing Education
- DVD Review 2nd QTR 2009
- In Home Care
- CNA, LPN, RN search, contact GCG Staffing, Inc. (803) 937-1923

MIDLANDS EVENTS 2ND QUARTER

NEW OPPORTUNITIES FOR WATCHING TV ONLINE...

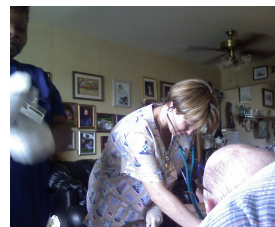
With the cost of cable television, many viewers are switching to internet viewing of television broadcasts. Viewers have to sit through 5-15 second commercials to view the content. Check out the major network sites and the website www.hulu.com the user should have a recommended 1.5 meg download rate minimum. .

Continuing Your Education at a local accredited Technical School, College or University is a great way to start the 1st Quarter...

With the bailouts and the rising unemployment in the nation, now more than ever the need for an education is becoming increasingly important. If you know South Carolina, one of the fastest growing fields in this state and the nation is healthcare. By 2010 one in five Americans will be a senior citizen.

Ladies Only, Fall Health and Fitness Classes Now Forming...

The 3rd Annual Ladies Only, Summer Health and Fitness Classes are now forming. Last year was such a huge success that we brought it back again. Classes cover eating the right foods, meal planning, and an exercise regimen. We meet weekly in the classroom at GCG Staffing, and costs for classes only run ten dollars a visit. Each week everyone is weighed in and trained by a Healthcare Educator and former US Army Physical Fitness Instructor! Phone (803) 937-1923, only a few more seats remain. Now is the time to fit back into those old Summer shorts.



Our Educator will log your vital signs.

Job Seeker Training...

Brought back by popular demand. To be held weekly at GCG Staffing, one on one consultations and weekly workshops now forming. Training only costs twenty five dollars and is a tax free fee for service. Now is the time to get that job you deserve! Phone (803) 937-1923 for more information and to sign up.

Orangeburg brings Veterans Memorial..

The City of Orangeburg launches a new Veterans Memorial. Contact your local government for more information.

GCG Staffing and it's line of healthcare professionals are ready for the Swine Flu...

Rest assured GCG Staffing, Inc. is prepared to support the population in the event of an outbreak (Continued next page)

Affordable In-Home Care now looking for part time employees for the Orangeburg Area...

If you or someone you know is in need of "In Home Care," GCG Staffing provides Certified Nursing Assistants and In Home Care Specialists (certified, licensed, diploma, certificate health care professionals) for "In Home Care." Our Certified Nursing Assistants or In Home Care Specialist professionals work for a few hours, or for the entire day. We are on the list at Community Long Term Care and Department of Disabilities and Special Needs MR/RD Programs under "Affordable In Home Care" and will do a free assessment so people may receive services. Phone (803) 937-1923 for a free consultation. GCG Staffing, Inc. is a Private Care, Long Term Care Insurance, and Medicaid Service Provider. We are also a member of Senior Shield, and SC Access.

GCG Staffing, Inc.
"Healthcare Staffing, Consulting, In Home Care"

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"It All Starts Here"



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Some of the scheduled events written about are always subject to change at the discretion of their sponsors.

- **Flu ...(Continued from previous page)**

Our team of professionals are highly trained and experienced, along with training brought forward from our founder recently retired regular active army nuclear, biological, chemical planner.

- **Save fuel this quarter...**

by checking your tire pressure, checking your oil, getting oil and filter changes every three to six months depending on your driving, and changing your air filter. By checking your fluid levels such as oil, transmission fluid, radiator fluid you can save on costly headaches. Another technique, is not to apply the gas so often, accelerate slowly, break less, and do the speed limit. Take shorter routes to work, and plan your routes, such as shopping enroute to your home after work. Hopefully, these simple tips will put money back into your pocket so you can save.

- **Additional copies of this Newsletter may be downloaded ...**

from our website, www.gcgstaffing.com.



Our Pick... 1st Quarter Movies This Quarter on DVD.



The Kingdom-

About an elite FBI team that is looking for a terrorist group in Saudi Arabia, finding it safer by day than at night. This is sure to be a huge motion picture, packed with action. As any action adventure fan would say, movies like this are sure to make some people wish they had applied for a job with the FBI.

You can view the trailer in HD here:

www.thekingdommovie.com

This film may not be suitable for children under 17 years of age. There is action and violence in this film.

Email us your comments for future quarterly newsletters on your recommendations for DVD and In Theatre Movie releases at news@gcgstaffing.com.

The gift that saves lives...

Whether you know someone who is a diabetic, or has another life threatening condition, it is the gift that saves lives. Not only does it save lives, it looks good too. Medical ID Alert Bracelets may come in gold, or silver. They stand out when worn around the wrist, and can look quite fashionable.

"How To publicize with Us...

Call us at (803) 937-1923
Or email us at news@gcgstaffing.com

Do you have ideas or contributions? We welcome your suggestions, articles, or comments. Email us!