

Backstage Pass Printing has turned Snap Happy! Introducing our Triple Perforated Snap Pass Laminate...

Backstage Passes, Infinity Laminates

Backstage Pass Printing has turned *Snap Happy* here at All Access Tags! We are now offering our Snap Pass Laminate with not one...not two...but three perforated tabs! Last year, we were invited to attend an event that we provided passes for where local restaurants and cooks competed in a rib cook-off. We were given our laminates and then additional tickets where we could vote for our three favorite recipes by dropping them in a box positioned in front of their booth. The restaurant or cook to have the most votes was the winner.



The Triple Perforated Snap Pass Laminate would have been ideal for this event. What's unique about the Triple Perforated Snap Pass Laminate is that it is a great way to showcase the event, organization artwork or branding while guests can use the three perforated tabs for voting, ballots or contest entries. Even after the perforated tabs are removed, the pass remains as a great keepsake for attendees that will stay with them long after the event has concluded.

Perforated tabs can also be used for food and drink tickets at events. Tabs can be individually serial numbered or customized to fit the needs of your event. 2017 is in full swing and spring / summer events are already in the planning stages. Consider checking out our Triple Perforated Snap Pass Laminate for your event voting, ballot, food or drink needs! We offer many products to fit your custom event needs, so please check out our products page or give us a call at 866-955-8247 if you don't see what you're looking for. We

love to create custom, one-of-a-kind pieces for your event, festival or corporate meeting!

Social Distancing Badges for Colleges and Universities

Badges for Social Distancing

As we continue to navigate through 2020 and the ever-changing Covid-19 pandemic, everything is different. Social distancing will be the new “normal” in gathering spaces for students as colleges and universities prepare to welcome new students on campus.



All Access Tags has worked with many colleges and universities over the past thirteen years to provide orientation, welcome back, new student and staff badges. We are here to assist in making this an exciting time for students, regardless of the circumstances.

Badges that require individualized variable data can be produced quickly. Recent projects for orientation badges included student names, year and a group number as they were divided into smaller groups for social distancing. We've also produced badges with social distancing guidelines as quick and effective reminders for new students. If you're working on a pre-orientation welcome kit to mail ahead of time, we can assist with printing badges and cards that include your logo or a campus map. We are here to help with any project, large or small!

We look forward to discussing your plans and hearing more about your ideas as you prepare to welcome students back on campus next month. Please contact us at any time at 866-955-8247 or at mdawkins@allaccessstags.com. We also offer a number of social distancing badges that can be found on our Etsy shop at <https://www.etsy.com/shop/allaccessstags>.

Healthy Relationships

We all reserve the right to have violence free relationships. Healthy relationships are about equality and balance. If when one partner chooses to be abusive, that balance is off. Physical abuse is only one piece of the puzzle.

A healthy relationship is about:

- ❖ Respect, love and trust.
- ❖ Equal power in the relationship.
- ❖ Give and take.
- ❖ Having friendships outside your relationship.
- ❖ Respecting each other's limits, boundaries, feelings, ideas, goals, and dreams.
- ❖ Working together to maintain the relationship.
- ❖ Mutual resolution of conflicts.
- ❖ Talking to each other about concerns and ideas.
- ❖ No fear.



Has your partner or the person you are dating ever:

- ❖ Expressed a need to be with you all the time, wanting to know who you are with and where you are at all times?
- ❖ Tried to prevent you from spending time with family and friends?
- ❖ Called/texted/emailed/messaged you several times in a short period of time?
- ❖ Made you feel bad about yourself (i.e. by putting you down or calling you names?)
- ❖ Physically or verbally threatened to hurt you, your children, themselves or others in an effort to get their way?
- ❖ Pressured or forced you to do sexual acts you were not comfortable performing?
- ❖ Blamed you for their actions?
- ❖ Prevented you from getting or keeping a job?
- ❖ Had expectations for you that they would not follow themselves?
- ❖ Expected you to make sacrifices when they made none?
- ❖ Made you afraid by using looks, actions or gestures to intimidate and threaten you?

If you have answered yes to any of the above questions, it may be time to take stock of your relationship. Respect is the foundation of any healthy relationship, both giving and getting, and you deserve it!

WRITING SAMPLES

April is Stress Awareness Month



Caregiver burnout can be a big problem for individuals caring for a loved one. In our experience, it is the family members or spouse caring for someone who has been involved in a life-changing event such as a spinal cord injury or traumatic brain injury. It can also be for stressful for family members who are caring for a loved one while managing the daily stress of their own lives. These individuals, referred to as the Sandwich Generation, are caregivers taking on multiple roles because they are caring for their parents and their children.

According to the [Pew Research Center](#), nearly half of adults in their 40s and 50s have a parent age 65 or older and are either raising a young child or financially supporting a grown child (age 18 or older). About one-in-seven middle-aged adults (15%) is providing financial support to both an aging parent and a child.

So what does this mean? Well, nearly half of adults are grouped into this category, and providing simultaneous support in a physical, financial and emotional capacity, to two different generations. Therefore, it is no surprise that these individuals are susceptible to higher levels of stress, depression and other health issues. High levels of stress can result on not knowing when to stop and ask for help or taking on too much.

Here are some unique ways to de-stress during Stress Awareness Month:

1. Read – just a few minutes a day is enough to help you distress, as reading is associated with slower heart rate and muscle relaxation.
2. Breathe – Our bodies possess a built-in stress reliever! Scientific studies have shown that taking deep breaths during moments of high stress or anxiety can help manage stress and stress-related conditions. When a person is under stress, the breathing pattern can change, which causes shallow breaths, over-breathing or hyperventilation which can worsen symptoms. Controlled, slow breathing through the nose can help lessen these symptoms.
3. Move to the Music – Music has the incredible ability to quickly shift our mood and can be a great technique to turn to whenever you feel stressed or overwhelmed. It can be used in tandem with another great stress reliever - exercise. Movement – whether walking, gardening, yoga or even cleaning – releases endorphins and can eliminate and release stressful tension and enhance pleasure.
4. Look around the Kitchen – As caregivers, you may already be spending a good amount of time in the kitchen, preparing meals for your loved one. Cayenne peppers contain capsaicin, which is an ingredient that makes certain types of peppers hot. Along with other positive healthy side effects capsaicin offers, sprinkling a little bit of cayenne pepper on your foods you love can release endorphins. Next, reach into the cabinet where you keep the baking supplies and take a whiff of vanilla extract. The scent of vanilla reduces anxiety and can lift your mood by releasing endorphins. You can also add a few drops to your morning coffee if you are anticipating a stressful day ahead. Relax in the evening by lighting a few vanilla-flavored candles. If you are worried about open flames around your loved ones, many of the flameless candles also have wonderful aromas to enjoy.
5. Know When it's Time to Seek Help – The side effects from chronic stress can be dangerous to yourself and others around you. We see many caregivers struggle with reaching out for help because they think it is their duty as family or children of individuals that need care in the home. We are here to provide a much needed break that can support the entire family. AmeriStaff Home Nursing specializes in the care of patients who have experienced a life-altering injury, such as a Traumatic Brain Injury or Spinal Cord Injury. We also have care plans available for individuals who need assistance with their aging loved one – from companionship to 24 hour in-home nursing care.

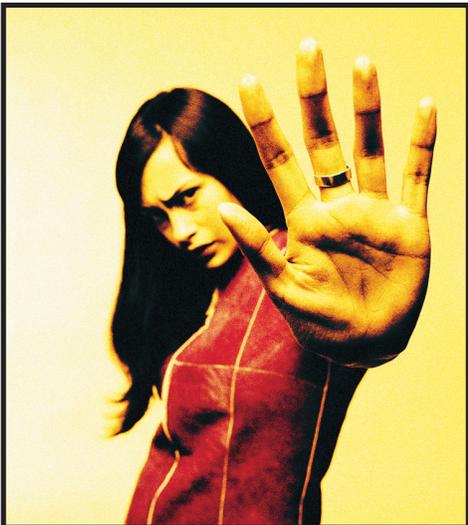
AmeriStaff Nursing Services Celebrates Healthy Aging Month

September is Healthy Aging Month, an annual observance designed to focus attention on positive aspects of growing older and promote taking responsibility for one's health...physically, socially, mentally or physically. Healthy Aging Month was first introduced when baby boomers were about to turn 50. Healthy aging includes maintaining a healthy diet, adequate exercise, continuing to be involved in social and civic life, making adaptable housing choices and remaining in control of one's life. Here are a few more tips that can help you take advantage of Healthy Aging Month:



1. **Focus on your diet** – Add more fresh fruits and vegetables to your daily snacks and meals. Introduce new foods or new ways of eating the same foods...routine limits brain stimulation. It's never too late to start leading a healthier lifestyle.
2. **Exercise** – People tend to associate exercise with rigorous workouts at the gym. Wrong! Activities such as walking, swimming and dancing are all moderate exercises that can improve your health, control body weight, lower blood pressure and strengthen your muscles. Improving your muscle mass can also help you to avoid injuries and decrease the risk of falling. Studies have shown that physical activity has also been linked to a decreased risk of dementia.
3. **Preventative measures** – Take preventative measures such as getting a yearly flu shot or schedule your annual check-ups and health screenings.
4. **Positive attitude and optimism** – Believing that life still has enjoyable things to offer you can also lead to longevity. Happiness boosts the immune system and reduces stress.

In recognition of Healthy Aging Month, AmeriStaff Nursing Services shares this objective – to improve the quality of life for seniors. Our professional home care staff encourages clients to stay as active as possible, and preserves their vibrancy of everyday living, in the comfort of their home. Our home health care professionals can also recommend a plan of care and assess your parent's home and suggest alterations to prevent injuries or falls within the home. Call us today for a FREE consultation at 248-288-2270.



Five Steps Toward Taking Action

www.nsvrc.org

1.
Notice the event along a continuum of actions.
2.
Consider whether the situation demands your action.
3.
Decide if you have a responsibility to act.
4.
Choose what form of assistance to use.
5.
Understand how to implement the choice safely.

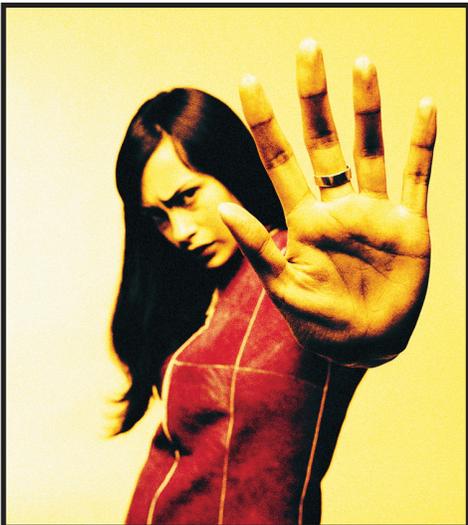
Bystanders Guide You Can Make a Difference!

Adapted from *Bringing in the Bystander* by Plante, Banyard, Moynihan, & Eckstein; University of New Hampshire, 2002

- Confront individuals and institutions that degrade or sexualize women and children. If it crosses that line, don't buy it, don't listen to it and don't support it.
- If someone blames the victim, remind him or her that no one deserves to be raped or abused. The only person to blame is the perpetrator.
- Write a letter to the editor if media coverage of sexual assault or domestic violence is sensationalistic, objectifying, or victim blaming.
- When you see harassment, intervene. It may feel scary or awkward. It also might change someone's life. Remember, silence is complicity.
- You may never have the opportunity to prevent an assault in progress. But you will have many opportunities to challenge the attitudes and behaviors that contribute to a culture where rape is allowed and often encouraged, so speak up.
- Acknowledge the influence of community and societal norms
- Recognize the need for individual and community training
- Celebrate the actions of bystanders
- Consent is key; educate on the difference between consent and compliance
- Bystanders make a difference before, during and after
- Before, by speaking up about verbal insults and crude jokes, prejudice and stereotypical putdowns made around the "water cooler"
- During, by assessing the situation, identifying the risks, taking appropriate action with appropriate safety precautions

*This document was compiled by HAVEN.
P.O. Box 431045
Pontiac, MI 48343-1045
www.haven-oakland.org*





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- After, by contributing to support agencies that help victims, by participating in legislative activity to support victims, by staying involved and supportive. (Research shows that ongoing individual and community support has a powerful impact on the survivor's functioning success going forward)

Bystander's Pledge

I pledge to:

Express my outrage about rape and all forms of sexual violence.

Talk to other community members about sexual violence. Interrupt sexist jokes that objectify women and girls.

Seek information about why sexual violence is so prevalent in our society and how I can help prevent it.

Support and encourage men and women to take responsibility for ending sexual violence.

Listen to your friends and partner's fears and concerns for safety.

Pay attention to cries for help and take action.

Challenge images of violence against women in advertising and entertainment.

Support women and men working together to end sexual violence.

Nurture myself and be aware of my personal safety.

Believe and support women, children, and men who have experienced any form of sexual violence.

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WRITING SAMPLES - RADIO AD COPY



Advertiser:
Cart #:
Approved:

Rep:
Subject: MOM & DAD -55 YR. MALE VO
Air Dates:

Radio Copy

1.	MY PARENTS HAVE BEEN THERE FOR ME MY WHOLE LIFE... PUTTING	1.
2.	BANDAIDS ON MY SCRAPED KNEES, DAD CHEERING ME ON AT SOCCER,	2.
3.	MOM HELPING ME WITH SCIENCE PROJECTS, THEY WERE THE FIRST	3.
4.	FACES I SAW AT GRADUATION. BUT NOW THEY ARE GETTING OLDER AND I	4.
5.	WORRY...ARE THEY TAKING THEIR MEDICATION? DID ONE OF THEM FALL? I	5.
6.	CAN'T TAKE MORE TIME OFF WORK TO DRIVE THEM TO THEIR DOCTOR'S	6.
7.	APPOINTMENTS...I FELT SO HELPLESS...THEN I FOUND AMERISTAFF	7.
8.	NURSING SERVICES. FOR OVER THIRTY FOUR YEARS, AMERISTAFF HOME	8.
9.	NURSING HAS PROVIDED SAFE AND AFFORDABLE ALTERNATIVES TO	9.
10.	NURSING HOMES AND ASSISTED CARE FACILITIES. WHETHER YOU ARE	10.
11.	RECOVERING AFTER A SURGERY OR NEED CARE FOR AN AGING LOVED	11.
12.	ONE, AMERISTAFF HOME NURSING CAN CUSTOMIZE A PLAN TO SUPPORT	12.
13.	THE FAMILY. CHOOSE PEACE OF MIND. CHOOSE WHAT WORKS FOR YOU.	13.
14.	CHOOSE AMERISTAFF HOME NURSING. CALL TODAY! 248-288-TWENTY-	14.
15.	TWO-SEVENTY...THAT'S 248-288-TWENTY-TWO-SEVENTY.	15.
16.		16.
17.		17.
18.		18.

This announcement was broadcast a total of _____ times on the days and times coded on our attached invoice numbered/dated _____, as entered in the station's program log.

This announcement was billed to this station's client/agency at a total cost of \$_____ gross.

Signature _____ Station _____

EMAIL MARKETING

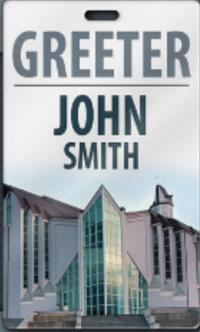


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MAKE A LASTING IMPRESSION

- GREETER AND WELCOME BADGES
- YOUTH MINISTRY BADGES
- VOLUNTEER & STAFF NAME TAGS
- EVENTS, CONFERENCES & RETREATS

PASSES START AT \$1 WHEN YOU MENTION THIS EMAIL



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JOHN SMITH



INFINITY
LAMINATES



RED CARPET



HOUSE OF BLUES



AMERICAN IDOL



MOVIE



Chris Mississippi
Manager of Operations Support
VIP

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Cost-effective badges designed specifically to promote your Church's message, creating a welcoming environment for everyone your team meets. Our standard 3x5 pass starts at only \$1 when you mention this email.

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Mag-Tags are a great solution for greeters, staff and volunteers when a more standard name tag is in order. Names, titles, logos and photos can be added to each tag for a full color, personalized and professional looking badge. Held on by high-powered magnets, Mag-Tags can be tucked into the pocket of your Sunday best and can be used time and time again.

+MAGTAGS



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Email: edawkins@allacesstags.com



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with custom event passes & credentials



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WRITING SAMPLES - PRESS RELEASE



FOR IMMEDIATE RELEASE

Media Contact: Erin Dawkins

[AmeriCare Medical, Inc.](#)

248-288-2270

edawkins@americaremedical.com

The Michigan Spinal Cord Injury Association (MSCIA) to host Fall Gala that will benefit Spinal Cord Injury and Disease.

MSCIA seeks to reach goal of \$50,000 to enhance and empower the lives of individuals with spinal cord injuries and disease through advocacy, education and research.

(Troy, MI) – The Michigan Spinal Cord Injury Association (MSCIA) will host its annual fundraising gala since becoming certified as a 501©(3) organization in 2010. The event will take place on Thursday, September 25, 2014 at the San Marino Club in Troy, Michigan. The MSCIA is a free, state-wide resource center dedicated to providing member with a portal to available community resources and support groups.

“The MSCIA aims to raise \$50,000 to ensure that individuals affected by spinal cord injuries and disease maintain the highest levels of independence, health and personal fulfillment,” said Greg Jamian, president of the Michigan Spinal Cord Injury Association. “As a non-profit organization, we depend on this as our largest fundraising effort to help support our mission.”

Each year in the United States, there are an estimated 12,000 spinal cord injuries. Funds from this event will be allocated to programs, support groups for patients and families, resource guides and advocacy initiatives for 2015. This signature event will incorporate a seated dinner and silent auction. Oakland County Executive L. Brooks Patterson has been announced as the gala’s Keynote Speaker for 2014 and the association also welcomes Nick LiBassi of the United Spinal Association and Ms. Kelsey Kleimola, Ms. Wheelchair Michigan 2014.

Tickets are available for purchase at \$125 each or \$100 for members of the MSCIA. Various sponsorships are also available. To purchase tickets or inquire on sponsorships and / or donations, please contact Erin Dawkins at 248-288-2270 or visit www.mispinalcord.org/mscia-fall-gala.

About Michigan Spinal Cord Injury Association (MSCIA)

The MSCIA is the Michigan chapter of the National Spinal Cord Injury Association (NSCIA). The NSCIA, founded in 1948, is the nation’s oldest and largest civilian organization. It is dedicated to improving the quality of life for hundreds of thousands of Americans and families of those who are living with the result of spinal cord injury and disease. Collectively, there are over 24,000 voices representing the association.

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Join the movement:

- www.mispinalcord.org
- “Like” us on Facebook: [The Michigan Spinal Cord Injury Association](#)
- Follow us on Twitter: @TheMSCIA or #MSCIA14FallGALA

WRITING SAMPLES - PRESS RELEASE

AmeriCare Medical, Inc. Joins Hands with Oakland University School of Nursing to Support Nightingale Awards and Recognize Nursing Excellence

AmeriCare Medical, Inc. Presents the Award for Long Term Care and Rehabilitation

Troy, Michigan ([PRWEB](#)) May 22, 2015 -- [AmeriCare Medical, Inc.](#) employees and nurse staff attended the prestigious Oakland University Nightingale Awards on the evening of May 7, 2015 at the San Marino Club in Troy. Throughout its history, the Nightingale Awards continues to stand as the only event of the kind in Michigan, actively shaping the future of nursing and health care excellence, and celebrating the strong commitment to nursing in our community as demonstrated by Florence Nightingale, the founder of modern nursing. Eight winners were selected for different categories and funds raised at the event promote additional research and development opportunities, employment opportunities and scholarship monies for students, interns and graduates at the Oakland University School of Nursing. This year, AmeriCare Medical, Inc. partnered with Oakland University as a scholarship sponsor for the Long Term Care and Rehabilitation Award.

"We are excited to once again partner with Oakland University School of Nursing to prepare nursing leaders to integrate life-long learning, skills and values into their professional nursing practice within our community," said Greg Jamian, President of CEO of AmeriCare Medical, Inc., and board member for the Oakland University School of Nursing. Jamian presented the award for Long Term Care and Rehabilitation to Theresa Duller of Royal Oak, Beaumont Hospital. AmeriCare's nursing company, [AmeriStaff Nursing Services](#), has been an exemplary employer of the nursing fields, and currently employs over three-hundred and fifty nurses and places them in home care, hospitals, government and businesses throughout Michigan.

Ten employees of AmeriCare Medical were in attendance at the event, including Korina Melton, a nurse who was honored as AmeriStaff Nursing Services' "Nightingale Nurse." Over five-hundred nurses, administrators, physicians and supporters attended the event. This year's program featured a sit down dinner, auction, address from Beaumont's new president and emcee Amy Andrews of Fox 2 Detroit.

About AmeriCare Medical, Inc.

For over three decades, AmeriCare Medical, Inc. has provided integrated health care services to hospitals, assisted care facilities and private homes throughout Michigan. AmeriCare Medical, Inc. is the parent company of AmeriStaff Nursing Services, Sun Medical Equipment and Rx iV Pharmacy, making it a one stop shop for patients and their home care needs. AmeriCare Medical, Inc. is accredited by the Community Health Accreditation Program (CHAP) for high standards of excellence in medical staffing, private duty nursing, durable medical equipment and pharmacy services.

For more information visit: www.americaremedical.com

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Online Web 2.0 Version

You can read the online version of this press release [here](#).

PARISH BULLETIN MESSAGING



Thank You!

The 2019 Children in Bloom Auction Committee would like to thank the Guardian Angels Catholic Community for your generous contributions to a successful auction!

Your donations, prayers and loyal support deserve a sincere "Thank You!"

We are blessed by this community and the opportunity to support Catholic education.



SOCIAL MEDIA - CUSTOMER TESTIMONIAL



"YOU REMIND US OF
ICE CREAM BECAUSE
YOU ALWAYS KEEP
YOUR COOL."

2019 CHILDREN IN BLOOM AUCTION

SATURDAY
MAY 18, 2019
6:00 PM

SILENT AUCTION
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TICKETS ARE ON SALE NOW!

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