

SENIORS AT HOME, LLC
 A Family Company That Cares Est. 2001
 www.SeniorsAtHome.net



2424 Morris Avenue, Suite 205, Union, NJ 07083
 908-964-6700 Toll Free: 866-703-CARE Fax: 908-964-6541



A Message From Richard J. Blecker



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Yesterday it was January 1, 2009. I blinked my eyes and suddenly November is upon us. As I get older the weeks, months and years fly by. I wonder if the same happens to you. For me November is a very special time of the year. Seniors At Home, LLC and our family wish to thank all our resources who recommend us, our clients who put their trust in us to keep them safe and our caregivers who prove every day that they rightfully belong in the 110% club. I wish all of you and your families a very happy, healthy and prosperous holiday season.

This month we are proud to feature Beatrice Washington as our "Employee of the Month." Please read the wonderful testimonial letters we received from the family. One letter suggests that we not make Beatrice the "Employee of the Month," but rather make her the "Employee of the Century." These are pretty powerful letters.

This month we also talk about the flu, the H1N1 flu and the steps we should all take to try to avoid getting sick and avoid getting our seniors sick. Please take the time to read the article. It contains valuable information on prevention.

Keep up the good work.

Contact/Emergency information:

- ◇ Main #: 908-964-6700
- ◇ Toll Free #: 866-703-CARE
- ◇ Fax #: 908-964-6541
- ◇ Emergency #: 908-568-6594

Our Mission: Since 2001, our family has helped thousands of people in our community live better, safer and more fulfilling lives. Our caregivers put their hearts into their work each and every day and our family's commitment over the past nine years has resulted in more jobs and continued growth. Our goal is to provide safe, reliable and affordable care to improve the quality of life for our aging population.

Richard J. Blecker
 President

Beatrice Washington ~ Employee Of The Month



Beatrice Washington
Employee of the Month
November 2009

Beatrice originally comes from Louisiana, where she was displaced after Hurricane Katrina. Shortly after she resided in Texas but eventually moved to New Jersey to be closer to family.

Beatrice cares for our client, Joseph Rush. We have heard nothing but praises about the excellent care she gives to Mr. Rush.

Please read the testimonials below to see how well Mr. Rush has progressed under Beatrice's care.

We here at Seniors At Home, LLC are proud to have Beatrice as part of our family.



Beatrice Washington receives
Employee Of The Month
Certificate and an American
Express Gift Card from Adam
Blecker

Following are testimonials we received regarding the care Beatrice Washington provides to one of our client's, Mr. Joseph Rush. The first is a testimonial from Patricia Rush, wife of Mr. Joseph Rush. The second is from Deborah Rush Cronkite, daughter-in-law of the late Mr. Walter Cronkite, who had the reputation of being the most trusted man in America.

October 5, 2009

Seniors at Home, LLC
2424 Morris Ave., Suite 205
Union, NJ 07083

To Whom It May Concern:

This is a letter concerning your employee Beatrice Washington, currently serving as a weekday aide for my husband Joseph.

In the seven months Bea has been here, she has impressed us as an exceptional person: gentle, cheerful, observant. In addition, she is generous with her energies, performing her regular tasks efficiently and frequently doing more than is asked.

In short, we highly recommend her for special recognition by Seniors at Home.

Very truly yours,

Patricia Rush

October 1, 2009

Dear Sir:

Thank you for our conversation of a few weeks ago. This is to put in writing the VERY HIGH regard in which we keep Beatrice. My father was in the hospital and tipping on the brink. When he got home and

Pat secured Bea through your agency he rebounded beyond our dreams.

Bea is enthusiastic, a pre-emptive helper and a joyful presence in their home. My father gained back his weight, got his vitality back and, at 93, chucked his walker. Pat and Bea accomplished this. My brothers and sisters and

I are grateful beyond words. We truly love Bea. She not only deserves to be the employee of the month, I would cast my vote for Bea as the employee of the century, at least.

Sincerely,

Deborah Rush Cronkite
daughter of Joseph Rush @ Winchester Gardens

October 1, 2009

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We truly love Bea. She not only deserves to be Employee of the Month, I would cast my vote for Bea as the Employee of the Century, at least.

Sincerely,

Deborah Rush Cronkite
Daughter of Joseph Rush
@ Winchester Gardens

How To Become Employee Of The Month

So many of our caregivers are worthy of becoming *Employee of the Month*. Many of you have been with Seniors At Home, LLC for many years and have done an outstanding job. We have begun this program to honor employees who go above and beyond the call of duty. Only one employee can be *Employee of the Month* and we will select someone every month who distinguishes themselves with outstanding service. The *Employee of the Month* will receive a \$100 gift card, certificate, will be featured in our monthly newsletter and have their picture displayed in our office.

REMINDER! Our Referral Program - Earn \$50!

Don't forget to distribute our referral cards to people who you believe would use and benefit from our services.

If you need more cards, just let us know. You can pick them up when you stop by the office for your paycheck or you can request to have some mailed to you with your paycheck.

Keep in mind these cards are for new potential clients only. Remember to write your name on the reverse side of the card, so you can earn a \$50 American Express gift card if our service is used by someone you referred us to. Please use good judgment when giving out referral cards. Distribute them when you are having a conversation with someone and feel they will benefit from our services.

We do not want cards to be handed to just anyone. We are sure you can see where this can pose a problem, especially in an assisted living facility.

Any caregiver can initiate referrals by talking about us. You can earn extra money and a customer can save money as well.

1. Give referral card to potential client.

Affordable • Family Owned • Supportive Care

SENIORS AT HOME, LLC
A Family Company That Cares
www.SeniorsAtHome.net

Screened • Bonded • Insured • Guaranteed

\$50.00 off & Free Consultation

Limit one coupon per client. Cannot be combined with any other offer. Must be new client of Seniors At Home, LLC. Please include card with first invoice. Toll Free: 1-866-703-CARE or Phone: 1-908-964-6700

2. If they use our service and send the referral card with payment, they will receive \$50 off their bill.



3. You will receive a \$50 American Express Gift Card.

Influenza/H1N1 Virus



In the wake of flu season, it is important to take the necessary precautions so that our clients as well as you, the caregiver, remain healthy.

Influenza is the common name for the flu virus.

There are different strands of the Influenza virus.

H1N1 (also known as the Swine Flu) can cause a wide range of symptoms, including fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. This is why it is important to maintain the proper methods to remain healthy.

The main way that the H1N1 virus is thought to be spread from person to person is by respiratory 'droplets' of coughs and sneezes. This occurs when droplets from a cough or sneeze of an infected person are propelled through the air and deposited on the mouth or nose of individuals nearby.

It is **HIGHLY** suggested to get the following shots; the general seasonal flu shot and two weeks later receive the H1N1 shot to deter catching the flu virus. You can also receive the H1N1 vaccine via a nasal spray version.

The nasal version should be used in individuals, age 2-49, who do not have any underlying health problems. Anyone over the age of 50 should get the injection. Also, the priority group for this form of the H1N1 vaccine includes caregivers/health care workers. It is important for caregivers and health care workers to be vaccinated because some of our

vulnerable clients could potentially contract the flu from you.

In the interim, ensure you cover your mouth when you cough and always use an alcohol-based hand sanitizer (Purell brand is greatly recommended). If there is none available use hand soap and water to wash hands after physically coming in contact with someone. Never touch your own mouth or nose and then touch a client without washing your hands prior to doing so.

Transmission of most infectious or contagious diseases can be reduced by taking a few simple precautions as follows:

Identify when to wash your hands. You should wash your hands:

- ◆ When arriving at a client's home
- ◆ Before **and** after touching a client
- ◆ Before feeding a client
- ◆ Before and after making meals or working in the kitchen
- ◆ Before and after you eat
- ◆ After using the restroom
- ◆ After touching any item used by or for a client
- ◆ Before reaching into clean area of your supply bag
- ◆ Before putting on gloves
- ◆ After removing your gloves or any type of personal protection equipment
- ◆ After touching a surface that may be contaminated with any body fluid
- ◆ Before leaving a client's home

It is imperative that you wear gloves when there is a chance you might come into contact with bodily fluids, open wounds or mucous membranes that

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Influenza/H1N1 Virus (*continued*)

line body cavities such as the mouth or nose.

Be sure to wear gloves when performing any of the following:

- ◆ Anytime you come in contact with a clients bodily fluid(s)
- ◆ Assisting with mouth care or any contact with any mucous membranes
- ◆ Assisting with bathing
- ◆ Assisting with personal care

Gloves are available at our office for your protection.

Overall, these are the basic precautions to take to protect yourself and your client from contracting the Influenza virus.

Following these instructions will help ensure that you and your client remain healthy.

References:

Center For Disease Control

[Internet: www.cdc.gov] 2009

Leahy, William, MD, *Providing Home Care:*

A Textbook for Home Health Aides.

New Mexico: Hartman Publishing, Inc., 2004