

## Employee of the Month

Sybil R.



Sybil R.

*Sybil R. accepting the Employee of the Month Gift Certificate and \$100 gift card from Niki, Hiring Mgr.*

Sybil R. has worked for Seniors In Place for the last 1½ years. Sybil is a real team player. She is always willing to fill in whenever she is asked and she has had some long lasting cases as well. Sybil has worked for 15 of our wonderful seniors and has a reputation for being a warm, caring, take charge person. Please read the letter below from Lynne K. who praises not only Sybil, but Dina as well. We are very proud of Sybil and congratulate her on being our April "Employee of the Month."

Congratulations, Sybil!

### Testimonial

Hi Dina,

Thank you so much for all of the years that you helped me solve all of our problems always working to find us the best people to meet our needs.

Dealing with you is what made me stay with your agency all of these years. You are the best at what you do. They are so lucky to have you.

As my last thought I would like to recommend Sybil for employee of the month. I know she has not had a chance to be recognized yet and her help and support during my mother's illness was remarkable. On the day my mother passed Sybil took charge when I was unable to stand. She held me up and did everything necessary. She is amazing under pressure.

I wish you all the best.

Lynne K.

## 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 In Place, LLC for 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.

Do you have a caregiver that goes above and beyond the call of duty? If so, we would like to hear your story. Feel free to send your story about how your Seniors In Place caregiver positively affected your life. Please mail letters to 155 Morris Ave, Ste. 101 Springfield, NJ 07081 or Email: [nominate@seniorsinplace.com](mailto:nominate@seniorsinplace.com)

The Employee of the Month will receive a \$100 America Express Gift Card, Employee of the Month Certificate, will be featured in our monthly newsletter and have their picture displayed in our office.

### Reporting Hours

A friendly reminder, that your hours need to be called in each **Monday by 11a.m.** This ensures that we can update our payroll records and pay everyone on each scheduled pay date. **If you do not call in your time by the requested deadline, or your timesheets and labor logs are not received, there is the possibility that you will not get paid on the scheduled pay date.** You may have to wait until the next pay period. Thank you.

### Important Dates Reminder

April 1-30	Stress Awareness Month
April 1	April Fool's Day
April 13	Palm Sunday
April 15	Federal Income Taxes Due
April 16	Stress Awareness Day
April 18	Good Friday
April 20	Easter
April 22	Earth Day

### Contact/Emergency Information

Main: 973-376-1600 Toll Free: 866-703-CARE

Fax: 973-376-2555 Emergency: 908-568-6594



www.SeniorsInPlace.com

Newsletter April 2014

Volume 6, Issue 4



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### Mission Statement

*“Seniors In Place’s mission is to provide our aging population with the very best companion and personal care at the very best value; provide employment opportunities for people who genuinely care about the well-being of others, and, in the truest sense of the term be ‘A Family Company That Cares For You.’”*

### Seniors In Place Family Pledge

*We pledge that we will represent Seniors In Place in a professional, caring and loving way.*

*We pledge that we will always put our client's health and safety first.*

*We pledge to be good listeners and attentive to our client's needs.*

*We pledge to always be responsible and dependable by being punctual and providing the very best quality of care.*

*We pledge that as long as we work for Seniors In Place we will take advantage of educational offerings that make us the best that we can be at what we do.*

*We pledge to always love our work, be kind and compassionate, and enjoy what we do so that our clients feel confident and happy that we are there to assist them.*

## A Message From the President



April is “Stress Awareness Month.” Taking control of your personal health can make a great difference in the amount of stress you feel. The best way to reclaim control of your life is by taking charge of your body. Whether it is through diet, exercise, or simply getting that checkup you've been putting off, let April be the month you put yourself back in control. It can be as simple as clearing the clutter off your desk or as elaborate as taking a well-deserved vacation. The important thing is that you do something different. Even a small change can make a big difference. This month’s article contains some valuable information on how to reduce stress. Please read the article and try to concentrate on a few helpful hints that will quiet your thoughts and let the stress melt away.

I wish you all a happy, healthy, and stress free April!



Regards,

*Richard*

Richard J. Blecker

## Learning Healthier Ways to Manage Stress

If your methods of coping with stress aren't contributing to your greater emotional and physical health, it's time to find healthier ones. There are many healthy ways to manage and cope with stress, but they all require change. You can either change the situation or change your reaction. When deciding which option to choose, it's helpful to think of the four A's: avoid, alter, adapt, or accept.



### #1: Avoid Unnecessary Stress

- Learn to say “no”.
- Avoid people who stress you out.
- Take control of your environment.
- Avoid hot-button topics.
- Pare down your to-do list

### #2: Alter the Situation

- Express your feelings instead of bottling them up.
- Be willing to compromise.
- Be more assertive.
- Manage your time better.

### #3: Adapt to the Stressor

- Reframe problems.
- Look at the big picture.
- Adjust your standards.
- Focus on the positive.

### #4: Accept the Things You Can't Change

- Don't try to control the uncontrollable.
- Look for the upside.
- Share your feelings.
- Learn to forgive.

### #5: Make Time for Fun and Relaxation

- Set aside relaxation time.
- Connect with others.
- Do something you enjoy every day.
- Keep your sense of humor.

## Healthy Ways to Relax and Recharge

- Go for a walk.
- Spend time in nature.
- Call a good friend.
- Sweat out tension with a good workout.
- Write in your journal.
- Take a long bath.
- Light scented candles
- Savor a warm cup of coffee or tea.
- Play with a pet.
- Work in your garden.
- Get a massage.
- Curl up with a good book.
- Listen to music.
- Watch a comedy.

### #6: Adopt a Healthy Lifestyle

- Exercise regularly.
- Eat a healthy diet.
- Reduce caffeine and sugar.
- Avoid alcohol, cigarettes, and drugs.
- Get enough sleep.

