

## Employee of the Month

Claudia C.



Claudia C.



Claudia C. accepting the Employee of the Month certificate and \$100 gift card from Dina.

Claudia C. has been with Seniors In Place, LLC since November of 2013. During this time Claudia has worked for three of our wonderful clients. Everyone loves Claudia. Her most recent client took the time to compose a very clever testimonial about Claudia. We have included it below. Please read how highly regarded Claudia is. Congratulations Claudia for being so terrific and for being chosen December's "Employee of the Month." We are very fortunate to have Claudia as part of our family.

### Testimonial

Dear Chad,  
Claudia C. has been a resourceful caregiver and we nominate her for caregiver recognition.

- C** is for her **CHEERFULNESS**
- L** is for her **LIST**-making so we don't run out of Necessities
- A** is for her **ANTICIPATING** what has to be done
- U** is for her being **UP** to her assignment
- D** is for her **DETERMINATION** in seeing that her responsibilities are met
- I** is for her **INSISTENCE** that exercises are done
- A** is for her **ATTENTION** to the needs of the household

We are happy to have Claudia with us.

Sincerely Yours,  
Kay & Ed B.

## 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 and 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 11 a.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

December 7	Pearl Harbor Day
December 17	Hanukkah
December 21	1st Day of Winter
December 24	Christmas Eve
December 25	Christmas Day (Office Closed)
December 31	New Year's Eve
January 1, 2015	New Year's Day (Office Closed)

### Contact/Emergency Information

**Main: 973-376-1600 Toll Free: 866-703-CARE**  
**Fax: 973-376-2555 Emergency: 908-568-6594**



www.SeniorsInPlace.com  
*Newsletter December 2014*

Volume 6, Issue 12



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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



We blink our eyes and another year has flown by. I don't know about you, but for me each year seems to go by faster. Seniors In Place, LLC has experienced another fabulous growth year. We opened a second office in Bergen County and we now cover five counties and can service one-third of the senior population in New Jersey. We have a new case manager, Bill McCarthy, who happens to be a social worker and one of the most caring individuals I have ever known. We are fortunate to have Bill as part of our team.

December is the time of year to give and receive gifts. I hope you enjoy the holiday festivities. I always like to remind everyone that there are many who are less fortunate and are lonely; some are sick, some are hungry, some are homeless. In honor of our clients, employees and those we resource with who place their trust in us, Seniors in Place, LLC has contributed to the following charities in your honor: The American Heart Association, Make-A-Wish Foundation, Alzheimer's Association, American Diabetes Association, Susan G. Komen For the Cure, American Cancer Society, and our newest charity, Alex's Lemonade Stand, which is a foundation for childhood cancer (Bill McCarthy has just run the Philadelphia Marathon to raise money for this wonderful charity). I encourage each of you to contribute to those less fortunate who can use some love and caring, especially during the holidays. As this year draws to a close, I would like to take this opportunity to wish everyone a happy, healthy and prosperous holiday season and New Year.

Regards,

*Richard*  
Richard J. Blecker



## Checklist to Avoid Senior Falls

Falls are often due to hazards that are easy to overlook but easy to fix. This checklist will help you find and fix those hazards in your home.

The checklist asks about hazards found in each room of your home. For each hazard, the checklist tells you how to fix the problem. At the end of the checklist, you will find other tips for preventing falls.

### Senior Home Safety Checklist

Area	Observation	Remedy
Floors	When you walk through a room, do you have to walk around furniture?	Move the furniture so the path is clear.
Floors	Throw rugs on the floor?	Remove the rugs or use double-sided tape or a non-slip backing so the rugs won't slip.
Floors	Are papers, magazines, books, shoes, boxes, blankets, towels, or other objects on the floor?	Always keep objects off the floor.
Floors	Do you have to walk over or around cords or wires (like cords from lamps, extension cords, or telephone cords)?	Coil or tape cords and wires next to the wall so you can't trip over them. Have an electrician put in another outlet.
Steps & Stairs	Are papers, shoes, books, or other objects on the stairs?	Keep objects off the stairs.
Steps & Stairs	Are some steps broken or uneven?	Fix loose or uneven steps.
Steps & Stairs	Are you missing a light over the stairway?	Have an electrician put in an overhead light at the top and bottom of the stairs.
Steps & Stairs	Do you have only one light switch for your stairs?	Have an electrician put in a light switch at the top and bottom of the stairs.
Steps & Stairs	Is there a sturdy hand-rail on only one side of the stairs?	Make sure handrails are on both sides of the stairs and are as long as the stairs.
Steps & Stairs	Is the carpet on the steps loose or torn?	Make sure the carpet is firmly attached to every step or remove the carpet and attach non-slip rubber treads on the stairs.

## Cont'd

Area	Observation	Remedy
Kitchens	Are the things you use often on high shelves?	Keep things you use often on the lower shelves (about waist high).
Kitchens	Is your step stool unsteady?	Use a steady step stool with a bar to hold on to.
Bedrooms	Is the light near the bed hard to reach?	Place a lamp close to the bed.
Bedrooms	Is the path from your bed to the bathroom dark?	Use a night-light.
Bathrooms	Is the tub or shower floor slippery?	Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.
Bathrooms	Do you have some support when you get in and out of the tub or up from the toilet?	Install a grab bar inside the tub and next to the toilet.

### Other Things You Can Do To Prevent Falls

- Exercise regularly. Exercise makes you stronger and improves your balance and coordination.
- Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.
- Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down.
- Wear sturdy shoes with thin, non-slip soles. Avoid slippers and running shoes with thick soles.
- Improve the lighting in your home. Use brighter light bulbs (at least 60 watts). Use lamp shades or frosted bulbs to reduce glare.
- Use reflecting tape at the top and bottom of the stairs so you can see them better.
- Paint doorsills a different color to prevent tripping.

### Other Safety Tips

- Keep emergency numbers in large print near each phone.
- Put a phone near the floor in case you fall and can't get up.
- Consider wearing an alarm device that will bring help in case you fall and can't get up.