

## Employee of the Month



**Sharon S.**

**Sharon S. accepting the Employee of the Month Gift certificate and \$100 gift card from Adam, VP.**

One of my greatest pleasures is when we help people. Not only do we help our seniors but we also help our employees. In this regard one of the very positive things that we do is we offer a scholarship program for deserving employees who wish to better themselves by going to school and becoming Certified Home Health Aides (CHHA's). Sharon is one of our scholarship recipients and I am delighted to share with you the fabulous letter that we received below. We are so proud of Sharon and we gladly nominate her for our February Employee of the Month. Congratulations Sharon!

### Testimonial

*Dear Chad,*

*Happy New Year to you, Dina, Janet, and all of the wonderful people at Seniors In Place.*

*I really enjoyed reading your last newsletter and wanted to take a moment to write to you and nominate Sharon S. as the Employee of the Month.*

*Sharon is a lovely, caring person who has done an outstanding job caring for my Mother-In-Law, Ann.*

*Both Lou and I are more than pleased with her capabilities, kindness, and effort to go the "extra mile" to make mom's life easier and happier. Sharon is not only mom's caregiver, she has become a valued companion and wonderful friend.*

*Lou and I hope 2014 is filled with much happiness and good health for you and your family.*

*Sincerely,  
Joanne T.*

## 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 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

February 2014	American Heart Month
February 2	Groundhog Day
February 7	National Wear Red Day
February 12	Lincoln's Birthday
February 14	Valentine's Day
February 17	President's Day
February 22	Washington's Birthday

### Contact/Emergency Information

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



## Newsletter February 2014

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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.*

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## A Message From the President



February certainly speaks to our hearts. Not only do we celebrate the people we love with Valentine's Day, but we also call attention to the health of our hearts with American Heart Month. This month's article describes the signs and procedures one should take concerning heart attacks, strokes, and cardiac arrest. Please read this valuable information as it may save someone's life.

I have a very special interest in American Heart Month. Fourteen years ago, I underwent quadruple bypass surgery. At the time, I thought that I was the picture of good health. I swam one mile each morning and I participated in spinning classes where I would sweat profusely for an hour. During a routine examination, it was discovered that I had four clogged arteries. The very next day, I underwent open heart surgery. I was very fortunate because the doctors told me that due to my exercising, I had developed a collateral blood supply so my heart was receiving blood. I did not have any symptoms but I was a walking time bomb.

The message I have for everyone is to take good care of yourselves, eat right and exercise. Most importantly, make sure you visit your doctor and get physical examinations on a regular basis.

I wish you all a Happy "Heart Healthy" February!

Regards,



Richard J. Blecker



## Warning Signs of a Heart Attack, Stroke & Cardiac Arrest

### Heart Attack Warning Signs

- ◆ Chest Discomfort
- ◆ Discomfort in other areas of the upper body
- ◆ Shortness of breath
- ◆ Other signs may include breaking out in a cold sweat, nausea, or lightheadedness

### More About Heart Attack

Some heart attacks are sudden and intense—the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help.

Immediately call 9-1-1 or your emergency response number so an ambulance (ideally with advanced life support) can be sent for you. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.



### Cardiac Arrest Warning Signs

- ◆ **Sudden Loss of Responsiveness**
- ◆ **No Normal Breathing** The victim does not take a normal breath when you tilt the head up and check for at least five seconds

### More About Cardiac Arrest

If these signs of cardiac arrest are present, tell someone to call 9-1-1 or your emergency response number and get an AED (Automatic External Defibrillator), if one is available, and you begin CPR immediately. If you are alone with an adult who has these signs of cardiac arrest, call 9-1-1 and get the AED (if one is available) before you begin CPR.

## Cont'd

### Stroke Warning Signs

#### Spot a stroke F.A.S.T.:

- ◆ **Face Drooping** Does one side of the face droop or is it numb? Ask the person to smile.
- ◆ **Arm Weakness** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- ◆ **Speech Difficulty** Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- ◆ **Time to Call 9-1-1** If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

### More About Stroke

Immediately call 9-1-1 or the Emergency Medical Services (EMS) number so an ambulance can be sent. Also, check the time so you'll know when the first symptoms appeared. A clot-busting drug called tissue plasminogen activator (tPA) may improve the chances of getting better, but only if you get them help right away.

A TIA or transient ischemic attack is a "warning stroke" or "mini-stroke" that produces stroke-like symptoms. TIA symptoms usually only last a few minutes but, if left untreated, people who have TIAs have a high risk of stroke. Recognizing and treating TIAs can reduce the risk of a major stroke.

### Beyond F.A.S.T.—Other Symptoms You Should Know

- ◆ Sudden numbness or weakness of the leg
- ◆ Sudden confusion or trouble understanding
- ◆ Sudden trouble seeing in one or both eyes
- ◆ Sudden trouble walking, dizziness, loss of balance or coordination