

Employee of the Month

Guerda D.



Guerda D.



Guerda D. accepting the Employee of the Month Certificate and gift card from Dina.

Guerda D. has worked for Seniors In Place, LLC for over two years. Guerda has worked for seven of our precious seniors and has been a n aide for May K. for the past 14 months. Guerda has been chosen as “Employee of the Month” not only for her hard work and loyalty, but because she has made such an impression on our nursing staff that they recommended her. We are very proud to have Guerda as a member of our family. Thank you, Guerda, for all that you do.

Congratulations on being February’s “Employee of the Month!”

Testimonial

Dear Rich,

I nominate Guerda D., CHHA for “Employee of the Month”. Guerda is a very caring professional. She has always been a dependable employee. She provides excellent care to her client. If she cannot make it to work, her client’s daughter will not except an alternate, because they are so attached to Guerda, and know the care she gives is excellent.

We are all proud to work with such an outstanding caregiver.

Lynn N., R.N.

Guerda D. has been helping in the care of my mother since August 2013. She has many outstanding qualities which make her an exceptional health care worker. Guerda is kind, caring, warm and sensitive to my mother’s needs. In addition, she is an extremely hard working and dedicated person who does an amazing job caring for my elderly mother.

Words can’t describe how my mother and I feel about Guerda. She is a truly beautiful person and we are so blessed that she came into our lives. Thank you for all that you do. Guerda deserves this honor and exemplifies the true meaning of a professional health care worker.

Carol B. and May 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 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

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

February 2015	American Heart Month
February 6	National Wear Red Day
February 9	Family Day
February 14	St. Valentine’s Day
February 14	National Donor Day
February 16	President’s Day
February 18	Ash Wednesday



Contact/Emergency Information

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



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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 were taught to respect everyone, especially those who were older and wiser than we were from whom we could learn."

~ BeNeca Ward

My message this month is about respecting our senior citizens. Our seniors were once young and strong. They worked hard and gave the best years of their lives to raise their children, caring for them, protecting them and nurturing them. They made numerous contributions to society; many fought for our country and made personal sacrifices. We have all been influenced and guided by the elders in our families. Today, many seniors are actually discriminated against due to their age, appearance, race, gender, disability and income. I would like all of us to concentrate on giving our seniors the respect that they deserve. Give up your chair if you are sitting and they are standing. Remember birthdays and anniversaries. It means so much to them. Give them a call just to let them know that you are thinking of them. Be respectful and do not argue with an elder. Listen to what they are saying; years of wisdom and golden nuggets are espoused. Seek advice from elders when making decisions in your life. Have patience and don't get angry if an elder repeats what they are saying. Be kind and hear them out. Let us all try to be tolerant, compassionate and kind to our wonderful senior members of society. February is American Heart Month. Open your hearts to our seniors.

Have a great February!

Regards,

Richard

Richard J. Blecker



10 Ways to Keep Your Heart Healthy

What you eat and drink, your activity level, how you cope with stress and other individual lifestyle factors help determine the health of your heart. Heart disease is a progressive condition that can start early in life but can also be prevented or controlled by making smart lifestyle choices. Follow a heart-healthy diet, get plenty of exercise, do what you can to reduce stress and live a life of moderation and you will be well on your way to maintaining a healthy heart.

1. **Eat a Low-fat Diet** - A heart-healthy diet is low in total fat, saturated fats and trans fats that raise blood cholesterol levels. To cut saturated fat, choose lean cuts of meat and remove skin from poultry before eating. Choose low-fat and fat-free dairy products. To avoid trans fats, check the ingredient list on all commercially processed food products, especially baked goods and crackers, and avoid any that contain partially hydrogenated vegetable oils.
2. **Add Fiber** - Fiber helps lower cholesterol levels and helps you feel full, so you are less likely to overeat. A high-fiber diet contains nutrient-packed foods, such as fruits and vegetables, whole-grain cereals and breads and legumes, such as black beans, lima beans, chick peas and lentils.
3. **Cut Cholesterol** - Cholesterol is found only in animal products, such as meat, poultry, dairy products and eggs. Lean and low-fat foods can still be high in cholesterol. Check Nutrition Facts labels to keep track of the cholesterol in your food and consume no more than 300 mg daily.
4. **Eat Fish** - Eat fatty fish such as salmon, mackerel, sardines, and albacore tuna at least twice a week. Omega-3 fatty acids, found in fatty fish and in fish oil supplements, can lower blood triglycerides (fats), slow the buildup of plaque in the arteries, lower blood pressure and reduce the risk of sudden death from heart attack, according to the American Heart Association.
5. **Lose Weight** - Being overweight increases your risk of developing high blood pressure, high blood triglycerides (fats), low levels of healthful HDL cholesterol and heart disease. Losing weight decreases your risk of these and other health conditions that affect your heart, such as diabetes and sleep apnea (obstructed breathing).

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6. **Exercise Often** - Get at least 30 minutes of moderate exercise every day, or at least on most days. Regular aerobic exercise such as brisk walking, bike riding, stair climbing, swimming, jumping rope, circuit training and dancing keeps your heart fit, raises your levels of protective HDL cholesterol and can help you lose weight or maintain a healthy weight. Being active at home and at work rather than just sitting for most of the day also contributes to heart fitness.
7. **Drink Moderately** - Although a glass of red wine contains antioxidants that may help reduce the risk of heart disease and alcohol can cause a slight raise in HDL cholesterol levels, drinking too much alcohol can increase your blood pressure, your triglycerides and your calorie count. Moderate drinking is defined as up to one average-sized drink daily for women and two for men.
8. **Quit Smoking** - Many different chemicals found in tobacco smoke can damage your heart, according to experts at the Mayo Clinic. Smoking decreases your body's supply of oxygen and causes blood vessels to constrict. Simply cutting back or switching to low-tar and low-nicotine brands of cigarettes is not enough to significantly reduce your risk of heart disease. When you quit smoking, your risk of developing heart disease starts to drop immediately and decreases dramatically within the first year.
9. **Avoid Stress** - The way you handle both personal and professional stress may affect your heart directly, or it may affect other risk factors that lead to heart disease, such as blood pressure and cholesterol levels, physical activity levels and eating, drinking and smoking habits. If you feel overwhelmed by stressful events or respond to stress with poor lifestyle choices, speak to a health care practitioner about healthier ways to cope.
10. **Get Checkups** - See your doctor for an annual physical that includes blood pressure and cholesterol testing and monitoring. Take any medications prescribed to control blood pressure and cholesterol levels as directed or speak to your doctor about alternatives.

