

## Employee of the Month



### Zerita M.

*Zerita M. accepting the Employee of the Month Gift certificate and \$100 gift card from Dina, Staff Coordinator.*

Zerita M. has been with Seniors In Place for over two years. During this time Zerita has worked for a half dozen of our precious seniors and everyone she has worked for has loved her. We have gotten lots of positive feedback from our clients. Zerita is dependable, reliable and compassionate. She also has a great smile and a very pleasant disposition. We are very fortunate to have Zerita in our family. Congratulations, Zerita on being January's "Employee of the Month."

### Testimonial

*Dear Richard,*

*I would like to recommend Zerita M. as our Employee of the Month for the month of January 2014. The reason I have selected Zerita is because Zerita is a great, reliable, responsible, dependable, and loving caregiver. She is always willing to pitch in when needed. Zerita is a willing and caring person who I think deserves this recognition.*

*I am very proud to have Zerita on our team!*

*Sincerely,*

*Dina*

## 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

January 2014	Cervical Cancer Awareness Month
January 1	New Year's Day - Office Closed
January 20	Martin Luther King Jr. Day

### Contact/Emergency Information

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



## Newsletter January 2014

Volume 6, Issue 1



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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.*

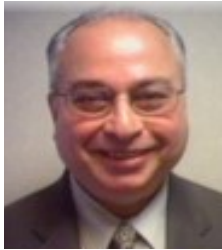
*We pledge to be good listeners and attentive to our client's needs.*

*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



My message this month is that we should focus on the good and positive things in our lives and not dwell on the negatives. Let's be grateful for what we have and what we can do every day. Appreciating the good in life can *magnify* the positives and diminish the negatives. An attitude of gratitude makes life better for you, and for all those with whom you share your life. Cultivating an abiding sense of appreciation for the good in your life is a powerful force in improving your life.

Numerous studies have been conducted that have verified the power of gratitude. Many of these studies have been conducted by two of the world's leading psychologists: Robert Emmons and Michael McCullough. These studies have confirmed that a positive view of the world pays dividends, both emotionally and physically.

After all, it's been said that life's simple pleasures are the best. A morsel of silky-smooth chocolate; the sweet, lilting melody of a songbird singing in your backyard tree; the crimson beauty of a spectacular sunset; the moon-shadowed tranquility of a full-moon nightscape; the comforting company of a dear friend, the love of family.

Be they large or small, life's blessings are abundant for each of us.

Happy January!

Regards,

A handwritten signature in cursive script that reads "Richard".

Richard J. Blecker



## Cervical Cancer Awareness Month

Cervical cancer screenings can help detect abnormal (changed) cells early, **before** they turn into cancer. Most deaths from cervical cancer could be prevented by regular Pap tests and follow-up care.

### How can Cervical Health Awareness Month make a difference?

We can use this opportunity to spread the word about important steps women can take to stay healthy.

- Encourage women to get their well-woman visit this year.
- Let women know that the health care reform law covers well-woman visits and cervical cancer screening. This means that, depending on their insurance, women can get these services at no cost to them.
- Talk to parents about how important it is for their pre-teens to get the HPV vaccine.

### Cervical Cancer Prevention

Two tests can help prevent cervical cancer—

1. The Pap test (or Pap smear) looks for pre-cancers, cell changes on the cervix that may become cervical cancer if they are not treated appropriately. You should start getting Pap tests at age 21.
2. The human papillomavirus (HPV) test looks for the virus that can cause these cell changes.

The most important thing you can do to help prevent cervical cancer is to have regular screening tests starting at age 21.

## Cont'd

If your Pap test results are normal, your chance of getting cervical cancer in the next few years is very low. For that reason, your doctor may tell you that you will not need another Pap test for as long as three years. If you are 30 years old or older, you may choose to have an HPV test along with the Pap test. If both test results are normal, your doctor may tell you that you can wait five years to have your next Pap test. But you should still go to the doctor regularly for a checkup.

For women aged 21–65, it is important to continue getting a Pap test as directed by your doctor—even if you think you are too old to have a child or are not having sex anymore. However, if you are older than 65 and have had normal Pap test results for several years, or if you have had your cervix removed as part of a total hysterectomy for a non-cancerous condition, like fibroids, your doctor may tell you that you do not need to have a Pap test anymore.

### Getting an HPV Vaccine

Two HPV vaccines are available to protect females against the types of HPV that cause most cervical, vaginal, and vulvar cancers. Both vaccines are recommended for 11- and 12-year-old girls, and for females 13 through 26 years of age who did not get any or all of the shots when they were younger. These vaccines also can be given to girls as young as 9 years of age. It is recommended that females get the same vaccine brand for all three doses, whenever possible. It is important to note that women who are vaccinated against HPV still need to have regular Pap tests to screen for cervical cancer.