

## Employee of the Month

Louise S.



Louise S.



Louise S. accepting the Employee of the Month certificate and gift card from Dina.

We have some newer caregivers who are proving to be exceptional in caring for our precious seniors. Louise has been with us for less than a year, but she is already making a very special impact. Please read below, the very special letter we received from Frances P. As the letter reads, "It is with great pleasure that I nominate Louise S." Congratulations Louise on being our first "Employee of the Month" for 2015.

We are very fortunate to have Louise as part of our family.

### Testimonial

It is with great pleasure that I nominate Louise S. She has been a God-send. Nothing is too much for her to do.

She is caring, reliable, and has taken very good care of me in my time of need.

Without reservation, I recommend her for "Employee of the Month"

Thank You!

Frances P.  
Livingston, NJ

## 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

January 1 New Year's Day (Office Closed)  
January 15 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

**SENIORS IN PLACE, LLC**  
A Family Company  
That Cares For You Since 2001  
[www.SeniorsInPlace.com](http://www.SeniorsInPlace.com)

## Newsletter January 2015

Volume 7, 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.

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## A Message From the President



Toast to the New Year!

Author Unknown

Let this coming year be better than all the others. Vow to do some of the things you've always wanted to do but couldn't find the time.

Call up a forgotten friend. Share a funny story with someone whose spirits are dragging. A good laugh can be very good medicine.

Make a genuine effort to stay in closer touch with family and good friends. The surest way to have a friend is to be one.

Find the time to be kind and thoughtful. Give a compliment. It's sure to give someone a badly needed lift.

Think things through. Forgive an injustice. Listen more. Be kind.

Apologize when you realize you are wrong. An apology never diminishes a person. It elevates him. Don't blow your own horn. If you've done something praiseworthy, someone will notice eventually.

Lighten up. When you feel like blowing your top, ask yourself, "Will it matter in a week from today?" Laugh the loudest when the joke is on you.

Don't discourage a beginner from trying something risky. Nothing ventured means nothing gained. Be optimistic. The can-do spirit is the fuel that makes things go.

Don't abandon your old-fashioned principles. They never go out of style. When courage is needed, ask yourself, "If not me, who? If not now, when?"

Walk tall, and smile more. You'll look 10 years younger. Don't be afraid to say, "I love you". Say it again. They are the sweetest words in the world.

And Have a Happy New Year!



Regards,

*Richard*  
Richard J. Blecker

## Managing Stress

Not all stress is bad. Stress can help protect you in a dangerous situation. But preventing and managing chronic (ongoing) stress can help lower your risk for serious health problems like heart disease, obesity, high blood pressure and depression.

You can prevent or reduce stress by planning ahead, deciding which tasks need to be done first, and preparing for stressful events.

What causes stress? Stress is often caused by some type of change. Even positive changes, like winning a contest or getting a job promotion, can be stressful. Stress can be short-term or long-term.

What are the benefits of managing stress? Over time, stress can lead to health problems. Managing stress can help you sleep better, control your weight, get sick less often and feel better faster when you are sick, lessen neck and back pain, be in a better mood, and get along better with friends and family.

### Take Action!

Being prepared and in control of your situation will help you feel less stress. Follow these 9 tips for preventing and managing stress.

#### 1. Plan your time

Think ahead and how you are going to use your time. Write a to-do list and figure out what's most important- do those things first. Be realistic about how long each task will take.

#### 2. Prepare yourself

Prepare ahead of time for stressful events like a job interview or a hard conversation with a loved one. Picture the event in your mind. Stay positive. Imagine what the room will look like and what you will say. Have a back-up plan.

#### 3. Relax with deep breathing or meditation

Deep breathing and meditation are 2 ways to relax your muscles and clear your mind.

## Cont'd

#### 4. Relax your muscles

Stress causes tension in your muscles. Try stretching or taking a hot shower to help you relax.

#### 5. Get active

Physical activity can help prevent and manage stress. It can also help relax your muscles and improve your mood.

#### 6. Eat healthy

Give your body plenty of energy by eating vegetables, fruits and protein.

#### 7. Drink alcohol only in moderation

Avoid using alcohol and drugs to manage your stress. If you choose to drink, drink only in moderation. This means no more than 1 drink a day for women and no more than 2 drinks a day for men.

#### 8. Talk to friends and family

Tell your friends and family if you are feeling stressed. They may be able to help.

#### 9. Get help if you need it

Stress is a normal part of life, but if your stress doesn't go away or keeps getting worse, you may need help. Over time, stress can lead to serious problems like depression, post traumatic stress disorder (PTSD), or anxiety. If you are feeling down or hopeless, talk to a doctor, a loved one or a friend. A mental health professional (like a psychologist or social worker) can help treat these conditions with therapy or medicines.

Many people need help dealing with stress- it's nothing to be ashamed of!

