

Employee of the Month

Judith M.



Judith M.

Judith M. Accepting the Employee of the Month certificate and \$100 gift card from Niki, Hiring Mgr.

I feel so good about the stream of testimonials that we receive on a regular basis from all our wonderful clients. It really validates us as “A Family Company That Cares For You.” Our “Employee of the Month” for July is Judith M. Judith has worked for Seniors In Place since the beginning of 2012. As the testimonial below says, Judith has demonstrated that she is a warm, caring and loving person who goes above and beyond to care for our clients.

We are so happy you are part of our family and appreciate all that you do.

Congratulations Judith!

Testimonial

Dear Richard,

I would like to nominate Judy M. for Employee of the Month. The reason I’m nominating her is because she is a very warm, caring, and loving person who goes above and beyond. She treats my Mom, Mabel C., as she would her own mother.

Thank you for your consideration!

Susan V.

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

July 4 Independence Day / Office Closed



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

Newsletter July 2014

Volume 6, Issue 7



Inside this issue:

- Message from the President
- Summer Tips for a Healthy Heart
- Employee of the Month – Judith M.
- Becoming Employee of the Month
- Reporting Hours
- Important Dates Reminder
- Contact / Emergency Information

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



July 4, 1776, marked the signing of the Declaration of Independence commemorating the separation of the Thirteen Colonies from Great Britain. Look how far we have come in 238 years. I know that we have diverse political views and beliefs that can cause disagreements and anger, but it is our right to have these views and beliefs and to express them that separates us from the rest of the world. There is nowhere I would rather live than here in the United States. July 4th is celebrated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, political speeches and ceremonies. As you partake in all these wonderful events, I ask you to take a moment and appreciate how thankful we should be for the wonderful country in which we live. A special thank you is also in order for all the men and women in our armed forces who keep us safe.

I wish you all a happy, healthy and prosperous July!



Regards,

Richard

Richard J. Blecker

Summer Tips for a Healthy Heart

Staying Active In The Summer Months

- **Hydrate!** Drink plenty of water before, during and after physical activity to avoid dehydration. For low-calorie flavor, add slices of your favorite fruits such as melon, oranges, berries or even cucumber or mint to a pitcher of water and refrigerate for two hours.
- **Protect your family from the sun:** wear wide-brimmed hats, always apply water-resistant sunscreen with at least SPF 15 and reapply sunscreen every 2 hours.
- **Heat safety:** avoid intense activities between noon and 3p.m. when the sun is at its strongest.
- **Dress for the heat:** wear lightweight, light colored clothing, choose light, breathable fabrics such as cotton, and wear sunglasses to protect your eyes.
- **Head indoors:** when the heat gets unbearable, try indoor activities at your local YMCA or rec center like basketball, swimming, yoga or racketball.



Heart-Healthy Cookout Ideas

- **Go fish!** Fish, especially oily fish like tuna and salmon have great nutritional benefits including omega-3 fatty acids. Rub a fillet with lemon juice and parsley or rosemary for enhanced flavor.
- **Make a better burger:** if you're grilling burgers, be sure to buy lean or extra lean beef, drain off the excess fat after cooking and avoid making huge patties—remember that a serving of meat is about the size of a deck of cards (3oz). Add finely chopped green pepper to your beef to get in some veggies.
- **Baked fries:** Slice white or sweet potatoes into sticks, lightly spray with olive oil cooking spray, pepper and paprika and bake on a cookie sheet for 40 minutes at 375 degrees.
- **Veggie kabobs:** load up skewers with mushrooms, peppers, cherry tomatoes, zucchini, yellow squash or other veggies. Spray lightly with olive oil cooking spray and grill until slightly blackened.
- **Try grilled corn on the cob:** leave the husks on, and grill for about 30 minutes over medium flame, rotating occasionally. Remove from grill, let cool for about 5 minutes, remove husks and enjoy!

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Healthy Road Trip

- **Make “rest breaks” active:** Pick a road stop or park and get the family out of the car to take a brisk 10 minute walk and move around. Not only will it burn off some energy, but it can also help the driver feel rejuvenated and more alert.
- **Pack healthy snacks:** finding healthier snacks at road stops can be difficult. Pack apples, grapes, raisins, whole grain fiber-rich crackers or another favorite low fat, low sodium healthy snack to take with you.
- **Pack to play:** Plan to incorporate regular physical activity into your daily routine while you're away from home. Pack a football, soccer ball, Frisbee, or paddle balls so that you can be physically active throughout your downtime.
- **Reach for the water:** sitting in the car for long periods of time can make it tempting to drink soda, which is extra calories and added sugar. Pack water (flavored or regular), fat free or lowfat (1%) milk and small portions of 100% juice to quench your thirst.



Summer Snack Ideas

- **Fruit pops:** Homemade freezer pops are an easy, fun treat for kids to make. Mash up fruit like peaches, grapes, berries or watermelon and put them in paper cups, insert a popsicle stick, freeze overnight and enjoy!
- **Cool and crisp:** keep a variety of colorful veggies on hand that stay cool and crunchy for a refreshing treat—baby carrots, cucumber slices, and celery sticks are just a few ideas.
- **Fruit smoothies:** blend your favorite fresh fruits with fat-free or low-fat yogurt and ice for a refreshing drink or freeze and eat with a spoon like a frozen ice chill.
- **Mix it up:** make your own trail mix using your favorite unsalted, oil free nuts, seeds and dried fruits (just be sure to keep your servings to 1.5 ounces or 1/3 cup).
- **Just slice and serve:** summer months are peak season for most fruits, just slice and serve—the whole family will enjoy the refreshing natural sweetness and juices just the way nature made 'em!