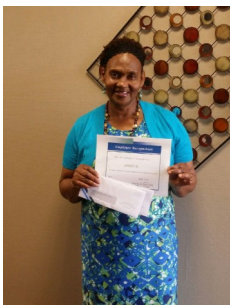


## Employee of the Month

Deloris R.



Deloris R.



Deloris accepting the Employee of the Month Certificate and \$100 Gift Card from Latoya.

The sentiment expressed in the letter below, nominating Deloris R. for employee of the month is incredible. In the eyes of this family Deloris is a diamond. When I receive a letter like this it really reinforces why I do what I do. Our team of caregivers are the best in the world. Congratulations Deloris, on being July's "Employee of the Month," and thank you for astonishing this family with your caring, kind and warm personality.

## Testimonial

Dear Chad,

My sister, Suzan, and I would like to nominate our mother's caregiver, Deloris R. for Employee of the Month.

As you know, we had to make a difficult decision and move our mother to assisted living in August 2014 due to her dementia. Mom was resistant to the idea (to say the least) and for that reason, the facility recommended that we have a full time aide with her while she adjusted to her new living arrangement. It is under those circumstances that Deloris came into our lives. Deloris did an incredible job of taking care of Mom while she was at assisted living. The first few months that Mom was there, she was very angry and resentful about being moved from her home. Deloris knew just how to handle her moods and was unbelievably adept at calming Mom down. She treated Mom with respect, kindness and warmth.

We have since moved our mom back home, with Deloris. Deloris is doing a wonderful job managing Mom's care at home. She is intuitive when it comes to dealing with Mom. Mom has always been against the idea of having a caregiver in the home with her, however, she has readily accepted having Deloris there. She always tells us what wonderful care Deloris takes of her. We were astounded to hear that Mom actually said that she is glad that she went to assisted living, because if she had not, she would not have met Deloris. Deloris has been such a blessing in our lives. Suzan and I have the utmost confidence in Deloris' ability to care for our mom. We know that Mom has a caring, trustworthy friend in Deloris. She has given us peace of mind, knowing that Mom is in excellent hands.

It is for these reasons (and many more), Chad, that we hope that you will recognize Deloris as Employee of the Month. She truly is outstanding!

Tracy R and Suzan N.

## 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 an 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: [nomin@seniorsinplace.com](mailto:nomin@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.

## Important Dates Reminder

July 3 Office Closed (4th of July Observance)

July 4 Independence Day

## Contact/Emergency Information

Main: 973-376-1600 Toll Free: 866-703-CARE

Fax: 973-376-2555 Emergency: 908-568-6594



Hi Everyone,

Some of you may or may not know, but we have a Facebook Page! We are going to be sharing with you a ton of great content on in home care and updates on Seniors In Place. We would love your support if you could "Like" us on Facebook.

You can find the link here:  
[www.Facebook.com/SeniorsInPlace](http://www.Facebook.com/SeniorsInPlace)

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## Newsletter July 2015

Volume 7, Issue 7



## Happy 4th of July

Inside this issue:

- Message from the President
- Tips for a Happy and Healthy 4th of July
- Employee of the Month - Deloris R.
- Testimonial for Deloris R.
- 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



Have you ever considered what it meant for those 56 men – an eclectic group of ministers, business men, teachers, university professors, sailors, captains, farmers – to sign the Declaration of Independence? This was a contract that began with the reasons for the separation from Great Britain and closed in the final paragraph stating “And for the support of this Declaration, with a firm reliance on the protection of Divine Providence, we mutually pledge to each other our lives, our fortunes, and our sacred honor.”

Preserving American liberty depends first upon our understanding the foundations on which this great country was built and then preserving the principles on which it was founded. Let's not let the purpose for which we were established be forgotten. The Founding Fathers have passed us a torch; let's not let it go out.

To all our precious seniors, all our caring, compassionate employees and to all our wonderful professionals that we resource with, from the bottom of my heart, I wish you a happy, healthy and meaningful Independence Day.

*Happy 4th of July.*



Regards,

*Richard*  
Richard J. Blecker

## Tips For A Healthy and Happy 4th of July

### How to Survive the BBQ

- Use whole wheat buns: Filling up on high glycemic index foods like potato chips, ice cream, sodas and full-calorie beers spike insulin and opens the floodgates for fat storage. Most guys don't realize that insulin, not testosterone, is the key hormone in the body. It determines your rate of aging, level of inflammation and whether your body is in a fat storage or burning mode. White bread causes a spike in your insulin and makes your body store fat. Switching white bread for whole wheat, rye, or sourdough buns can keep the fat at bay and help control insulin.



- Grill lean meats. Lowering your fat content can decrease your overall calorie intake. Fewer calories equals less barbecue belly. Eating grilled meats, like the ones your buddies serve at cookouts, is O.K. as long as you remove excess fat and watch how and what they're grilled with. Most cookouts offer a variety of meats, so choose the leanest cuts of beef, chicken, and pork.



## Cont'd

- Practice portion control: There are a variety of strategies for cutting back at the grill. For example, eat 1/4-lb burgers (Made with extra-lean ground sirloin) instead of 1/3- or 1/2-lb. patties, or split a steak with your friend.
- Load up on grilled veggies: Fill half your plate with veggies so as to avoid overdoing it on a higher-calorie options. The fiber will help you to fill you and if you want seconds, be sure to fill your plate the same way.



- Don't skip meals to try to “save” calories for later: This will lead to overeating and lead you to make poor choices due to hunger and low blood sugar.

