

Employee of the Month

Augustine A.



Augustine A. accepting the Employee of the Month Certificate and gift card from LaToya and Dina.

Augustine A.

Augustine has worked for Seniors In Place, LLC for a little over a year. All of the clients he has worked for had only the nicest comments. Please read the excellent testimonial we received from the family of his current client. I love when our caregivers are described as a “devoted, caring, kind and exemplary gentleman.”

Congratulations Augustine on being our June “Employee of the Month.” We are very fortunate to have you as a member of our family.

Testimonial

Dear Richard,

On behalf of our family, I would like to inform you of the superior care given to our father, Stephen H., by your employee Augustine A.

Our father’s condition has been declining and his needs are increasing and changing. Augustine modifies his compassionate care to keep our father both comfortable and peaceful.

He prepares his meals with great attention to my fathers’ needs. He cares for him with a smile; positive social interactions are part of each day.

Augustine is devoted, caring and kind. He is an exemplary gentleman and we are delighted he is with our father during these difficult days.

We nominate him as Employee of the Month.

Sincerely,

The four daughters of Stephen H.,

Joan B., Rosemary H., Kathleen B, and Carol L.

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

June 15-21	National Men’s Health Week
June 17	Wear Blue for Men’s Health
June 21	Father’s 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

Newsletter June 2015

Volume 7, Issue 6



Inside this issue:

- Message from the President
- Celebrate National Men’s Health Week
- Employee of the Month - Augustine A.
- Testimonial for Augustine A.
- 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.

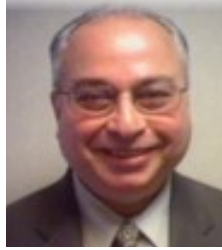
We pledge to be good listeners and attentive to our client’s needs.

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



I came across this terrific story and I wanted to share it with everyone. It really reminds us of how important it is to have a positive attitude and that we have control of how we perceive things.

A man of 92 years, short, very well-presented, and takes good care of his appearance, is moving into an old people's home today. His wife of 70 years has recently died, and he is obliged to leave his home.

After waiting several hours in the retirement home lobby, he gently smiles as he is told that his room is ready. As he slowly walks to the elevator using his cane, the assistant describes his small room to him, including the curtain for the window.

"I like it very much", he says, with the enthusiasm of an 8-year-old boy who has just been given a new puppy.

"Mr. Todd, you haven't even seen the room yet. Hang on a moment, we are almost there."

"That has nothing to do with it", he replies. "Happiness is something I choose in advance. Whether or not I like the room does not depend on the furniture, or the décor – rather it depends on how I decide to see it."

"It is already decided in my mind that I like my room. It is a decision I make every morning when I wake up. I can choose. I can spend my day in bed enumerating all the difficulties that I have with the parts of my body that no longer work very well, or I can get up and give thanks to heaven for those parts that are still in working order. Every day is a gift, and as long as I can open my eyes, I will focus on the new day, and all the happy memories that I have built up over my life."

"Old age is like a bank account. You withdraw in later life what you have deposited along the way. So the advice to you is to deposit all the happiness you can in your bank account of memories."

Remember these simple guidelines for Happiness:

Free your heart from hate.

Free your mind from worry.

Live simply.

Give more and expect less.

Wishing Everyone a Happy and Healthy June!

Regards,

Richard J. Blecker



Celebrate National Men's Health Week June 15-21, 2015

There are many easy things you can do every day to improve your health and stay healthy.

Get Good Sleep

Insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression. Also, insufficient sleep is responsible for motor vehicle and machinery-related accidents, causing substantial injury and disability each year. Sleep guidelines from the National Sleep Foundation have noted that sleep needs change as we age. In general, adults need between 7-9 hours of sleep.

Toss out the Tobacco

It's never too late to quit. Quitting smoking has immediate and long-term benefits. It improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illnesses.

Also avoid being around secondhand smoke. Inhaling other people's smoke causes health problems similar to those that smokers have. Babies and kids are still growing, so the poisons in secondhand smoke hurt them more than adults.

Move More

Adults need at least 2½ hours of moderate-intensity aerobic activity (such as brisk walking) every week, and muscle strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) on two or more days a week. You don't have to do it all at once. Spread your activity out during the week, and break it into smaller chunks of time during the day.

Eat Healthy

Eat a variety of fruits and vegetables every day. They are sources of many vitamins, minerals, and other natural substances that may help protect you from chronic diseases. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol. Choose healthy snacks.

Tame Stress

Sometimes stress can be good. However, it can be harmful when it is severe enough to make you feel overwhelmed and out of control. Take care of yourself. Avoid drugs and alcohol. Find support. Connect socially. Stay active.

Stay on Top of Your Game

See your doctor or nurse for regular checkups. Certain diseases and conditions may not have symptoms, so checkups help diagnose issues early or before they can become a problem.

Pay attention to signs and symptoms such as chest pain, shortness of breath, excessive thirst, and problems with urination. If you have these or symptoms of any kind, be sure to see your doctor right away. Don't wait!

Keep track of your numbers for blood pressure, blood glucose, cholesterol, body mass index (BMI), or any others you may have. If your numbers are high or low, your doctor or nurse can explain what they mean and suggest how you can get them to a healthier range. Be sure to ask him or her what tests you need and how often you need them.

Get vaccinated. Everyone needs immunizations to stay healthy, no matter how old you are. Even if you had vaccines as a child, immunity can fade with time. Vaccine recommendations are based on a variety of factors, including age, overall health, and your medical history.

Find Affordable Healthcare

Federally funded health centers around the United States provide care, even if you have no health insurance. You can get health care and pay what you can afford, based on your income.

MEN'S HEALTH



Excerpt from: www.cdc.gov/men