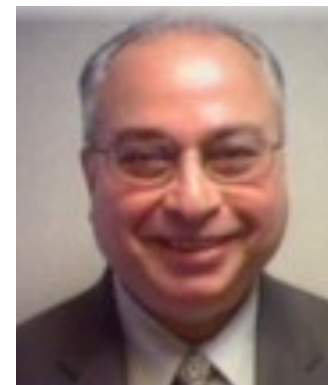


SENIORS IN PLACE, LLC

www.SeniorsInPlace.com

A Family Company
That Cares For You Since 2001



A MESSAGE FROM RICHARD J. BLECKER


Ah! Spring is in the air

We have already had a few days when you could walk outside and smell that freshness signifying the end of winter and the beginning of new growth. So too, Seniors In Place, LLC is experiencing a new growth.

We have already outgrown our office and we will be moving to a new location. We will also offer classes to our caregivers so they can get CEUs and certifications. This will be spearheaded by Barbara, our registered nurse and will allow our caregivers to participate in these classes at times that will minimally impact their work schedules. Great things are happening with our company. We have an unbelievable team, and we all are working toward our goal. We call that goal our Pillars of Success as listed below.







1. Provide the very best care, at the very best value. It is our mission to run the most efficient business. We will work smarter, we will work harder and we will provide more people with better care at affordable prices.
2. Provide the very best employment opportunities. It is our mission to hire the best caregivers and to give them an environment where they can foster and become even better. We will not waste resources on people that do not share our values and will instead, invest in programs that further the careers of the people that commit their professional lives to Seniors In Place. We will give and accept nothing less than 100%.
3. We are a family company that cares. We say it in our logo. It's who we are. And no matter how much we grow and what we accomplish, we will always stay true to our family values. We will treat each and every employee, client and resource with the respect and love of a family member.

Happy April,



Richard J. Blecker

Inside this issue:

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-  A Letter From Dina
-  Employee of the Month
-  Testimonial From a Client
-  Becoming Employee of the Month
-  Boost Your Health with Sunshine

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Mission Statement:

Seniors In Place 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".

A letter from Dina



I have been Staff Coordinator for Seniors at Home, LLC., now Seniors In Place, LLC. for almost two years. As I sit here and watch our family grow, I realize this is where I must have belonged from the very beginning!

We have our ups and downs. We go through trials and tribulations, but we always overcome any obstacles that seem to get in our way.

As we continue to grow, as a family and a company, I feel like I have accomplished making another family happy by sending one of our loving caregivers to come into their home or assisted living community to care for their loved ones. I also love taking part in congratulating all of our caregivers for all of their hard work and dedication, such as our current Employee of the Month, Flor S. Flor has been with the company for a number of years. She is another one of the bunch of dedicated caregivers that we have the pleasure of having in our family. It was my pleasure to have been able to be a part of presenting Flor with her prize and certificate this month.

My Seniors In Place, LLC. family is not the only family that is continuing to grow. My personal family will have a major change in September of 2011... That's right... I am 3 months pregnant with my 4th child. And I found out Tuesday, "It's A Boy"! I haven't decided on a name yet, But you will be one of the first to know! Many of you may have noticed my sudden change in weight and someone told me I was glowing. I don't know about that. But we are very excited. And I am most grateful that I have wonderful people, all of you, to share my happiness.

I would personally like to take this time to say "Thank You" to all of you for all of your hard work and dedication. Remember, I am always here for you when you need a listening ear. "Thank You" to all of you for listening when I needed a friend!

*Love,
Dina*

Dina

Flor S. ~Employee Of The Month~



*Employee of the Month
Flor S.*

Flor has been with us since March 2005. She is one of the nicest, loveliest, capable caregivers that we have. She has never said no to an assignment even if it was difficult. Actually, Flor has worked for 28 different clients since she began. Most interesting is that everyone only has the best things to say about Flor. We are very fortunate to know Flor and are honored to have here with us.



Flor S. accepting the Employee of the Month certificate and the \$100 gift card from Dina

Testimonial

Dear Mr. Blecker,

I was very satisfied with the assistance that your aides provided over the last 3 1/2 years. On behalf of my Aunt Mary, Thank you Gloria and more recently Mary and especially Flor.

I very much appreciate the consistency of their caring .

*Best Regards
Marilyn M.*



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.

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.

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 2424 Morris Ave Union, NJ 07083 or Email nominate@seniorsinplace.com



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, there is the possibility that you will not get paid on the scheduled pay date. You may have to wait until the following pay period.

Prompt attention to this matter is greatly appreciated.



Important Date Reminders



April 1	April Fool's Day	April 18	Tax Return Extension Request
April 15	Tax Return Due	April 22	Good Friday
April 17	Palm Sunday	April 24	Easter Sunday
April 18	Passover		



Boost Your Health With Sunshine



Sunshine is one of nature's most powerful healing agents. Sunlight converts cholesterol in the skin to vitamin D, but only to safe levels. This vitamin is essential for the proper handling of calcium in the body and in the prevention of rickets and adult osteomalacia (a disease occurring mostly in adult women that results from a deficiency in vitamin D or calcium and is characterized by a softening of the bones with accompanying pain and weakness. Adequate vitamin D can be obtained by exposing the face to the sun for a few minutes each day.

Sunlight serves as the perfect medicinal pill in promoting a healthy lifestyle. For centuries, doctors and natural healers relied on medical treatment by sunlight, called Heliotherapy, to help heal many common ailments.

Benefits of Sunlight

- It increases the circulation of the blood.
- It stimulates the production of more red blood cells, increasing the oxygen content of the blood, and thus increasing muscular endurance.
- It increases liver function and stimulates the liver to produce a drug-metabolizing enzyme. This increases one's ability to withstand pollutants in the environment.
- It stabilizes blood sugar levels.
- It lowers cholesterol and triglycerides in the blood. Sunlight may decrease cholesterol by more than 30%.
- The ultraviolet rays are antiseptic, a short morning sunbath (before 9am) several times a day will kill germs and promote wound healing. Even reflected light from windows can destroy bacteria in the dust on window sills and floors.
- The heat of the sun is useful in the treatment of neuralgia, neuritis, arthritis and other pain.
- It increases gamma globulin - a protein that helps the body fight infection.

- Sunlight has been shown to relieve depression and to improve sleep
- Resting heart rate, blood pressure, and respiration rates are all decreased after a sunbath
- Soothe your nerves and boost your mood, leaving you with a renewed sense of well-being
- Promotes thyroid stimulation
- Encourages healthy circulation

Other benefits of sunlight include the life-giving energy it gives to your organs and the way it helps to strengthen and vitalize your body.

How to Avoid Sun Injury:

- Get the sun in daily, small, graduated doses. Avoid sunburn like poison!
- Take into consideration the time of year and the hour of the day (10 am to 3 pm). As the sun moves more directly overhead, its intensity increases.
- When outdoors, wear protective clothing and a wide brimmed hat. Light cotton cloth allows the skin to absorb some of the sun rays.
- Eat healthy food's like fruits, vegetables, whole grains, nuts and seeds that are free of the refined oils and sugars and rich in cancer preventing antioxidants (vitamin, E, and Carotene/vitamin A)
- Use a sunscreen with 15+ SPF every day (SPF of 30 or more is even better)
- Wear a cover-up or longer sleeves. For sensitive skins, a light t-shirt or long-sleeve cotton tunic may prevent sunburn.



Reference

<http://hubpages.com/hub/health-benefits-of-sunlight>

Word Scramble

1. levo _____

2. eta _____

3. iimtany _____

4. aeecp _____

5. apyph _____

6. ojeyn _____

7. iemls _____

8. neregcuo _____

9. ehhytla _____

10. iresexec _____

12. rngpsi _____

13. piral _____

14. nus _____

15. inheiag _____

16. aturlna _____

17. flei _____

18. reonipt _____

19. stoob _____

20. rcea _____

11. udsroot _____

11. outdoors

10. Exercise

9. Healthy

8. Encourage

7. Smile

6. Enjoy

5. Happy

4. Peace

3. Vitamin

2. Eat

1. Love

20. Care

19. Boost

18. Protein

17. Life

16. Natural

15. Healing

14. Sun

13. April

12. Spring