

Employee of the Month Eucharia A.



**Employee of the Month
Eucharia A.**



**Eucharia A. accepting the
Employee of the Month Certificate
and the \$100 gift card from Armen B.,
Director of Business.**

Eucharia A. has worked for Seniors In Place since June, 2010. In that time she has worked for seven different clients. Everyone has always raved about how conscientious and dependable she is. The current clients she is working for has sent numerous comments to us every time they pay an invoice. Then we received the note from Armen B. below. We are so fortunate to have Eucharia working for us and all I can say is eureka, we found her, and we are so glad we did.

Testimonial

Eucharia A. has been our caregiver for two years. She is most conscientious about her work and is most efficient. I do not hesitate to inform her employers that Eucharia performs her duties superbly and is worthy of the highest praise. She takes care of both of us very diligently and we are honored to have her as our caregiver.

Armen B.

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 1st Fl. 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, 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. Thank you.

Important Dates Reminder

April 1 Palm Sunday
April 6 Good Friday
April 7 First Day of Passover
April 8 Easter

Contact/Emergency Information

Main: 973-376-1600 Toll Free: 866-703-CARE
Fax: 973-376-2555 Emergency: 908-568-6594

Newsletter April 2012

Volume 7, Issue 4



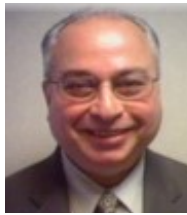
Inside this issue:

- 📌 Message from the President
- 📌 Breathing to reduce stress
- 📌 Employee of the Month - Eucharia A.
- 📌 Testimonial from Client
- 📌 Becoming Employee of the Month
- 📌 Reporting Hours & Important Dates

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".

A message from the president



Our article this month is about how to reduce stress. It's interesting that so many of the procedures, from Yoga to meditation, all involve correct breathing techniques. The commonalities of all these techniques is to dress with loose fitting clothes, choose a quiet place, sit comfortably, perhaps close your eyes, try to clear your mind, perhaps concentrate on a sound or actually concentrate on your breath. Breathe deeply and slowly and try to shift from upper chest breathing to abdominal breathing. You should be able to feel your breathing below your diaphragm, each breath originating from your stomach. Try to do this for twenty minutes.

“Oh,” you say, “I do not have twenty minutes for such nonsense.” Herein lies the problem. We are all too busy with our hectic lives to do something for ourselves. April is upon us. The weather is beautiful. Take a walk, get some exercise and take some time to breath. I guarantee you will feel great.

Regards,



Richard J. Blecker

*HAVE A HAPPY EASTER AND
WONDERFUL PASSOVER!*



10 Food to Boost Male Health

Men are different from women in all kinds of ways-- including their nutritional needs. Men need nutrients that can help them maintain muscle mass, prevent prostate cancer, and more.

Here is a list of 10 foods that can be a good start to improving health:

1. **Oysters:** Just a few oysters each day will deliver a full day's supply of the antioxidant mineral zinc. Zinc is involved in hundreds of body processes, from producing DNA to repairing cells.

2. **Bananas:** Bananas are a great portable source of quick energy and are rich in potassium, which is needed to regulate nerves, heartbeat and, especially, blood pressure. Diets rich in potassium and magnesium (which is also found in bananas) can reduce the risk of stroke.

Not a banana fan? Orange juice, milk, tomato products, and beans are other good sources of dietary potassium.

3. **Fatty Fish:** No list of super foods would be complete without the healthy fat, omega-3 fatty acids. These polyunsaturated fats are the preferred form of fats in your diet for many reasons. They can benefit the heart, circulation, and immune system and reduce the risk for prostate cancer, among other things.

Fatty fish (salmon, sardines, tuna, mackerel, herring) are the richest sources of omega 3 fatty acids. In fact, The American Heart Association recommends that everyone eat fish twice weekly.

4. **Broccoli:** Cruciferous vegetables like broccoli are helpful in prevention of heart disease and cancer. It's loaded with vitamin C, beta-carotene, potassium, and a phytochemical called sulphoraphane, which may have anticancer (prostate and colon) properties.

Don't care for broccoli? Go for other cruciferous choices like cabbage, bok choy, shredded broccoli slaw, cauliflower or brussels sprouts.

5. **Brazil Nuts:** These large nuts from Brazil are packed with magnesium and selenium, powerful antioxidants that may help prevent heart disease and cancer and protect prostate health. (Bauer, however, notes that the studies showing reduction in cancer have been primarily in people whose diets were deficient in selenium, not in those who were already getting enough.)