



## Employee of The Month

Bright O.



**Bright O.**

***Bright accepting the Employee of the Month Certificate and Gift Card from Niki, Hiring Mgr.***

Bright O. has only been with us for a short time, but he has already impressed every client that he has worked for. Read the letter below and see all the nice things that were said about him. When I told him we were making him “employee of the month,” he was so grateful. I thanked him and told him what a great job he is doing. His response was, “I’m going to work even harder now, thank you!” Bright is really such a nice man. Thank you Bright, for all that you do. We are so glad to have you as part of our family.

### Testimonial

*I would like to let you know how wonderful one of your employees is. Bright recently took care of my father, Donald H., for the last few months of his life. My father was not an easy person, but Bright never lost his patience. His gentle care was exactly what was needed. And as important, he helped my mother in ways that I will be eternally grateful. He gave her the confidence she needed to see through a very difficult situation. He is a remarkable person, truly.*

Jane S.

## 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](mailto: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 next pay period. Thank you.

### Important Dates Reminder

April 1	April Fool’s Day
April 15	Income Taxes Due
April 22	Earth Day
April 24	Administrative Professionals Day

### Contact/Emergency Information

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



## Newsletter April 2013

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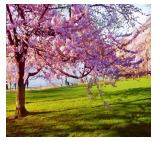


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### Mission Statement:

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



Spring is here. You can not only feel the difference in weather, you can smell the difference. We have had a difficult winter. Let's all be safe and enjoy the spring. This month's article is about preventing falls. It contains some interesting prevention tips.

Sometimes, just reading such an article can make you become more aware of your surroundings and taking measures to ensure your safety. Please read this article. I am sure you will find it interesting.

As many of you are aware we have been hosting events in our office to support our community. We recently had a "lunch and learn" at our office where Holocaust survivors shared their stories. It was incredible. On April 24<sup>th</sup> at noon we will be hosting another event. Kerry Glass from "Memories Live," a non-profit, will speak about how she helps people with life-limiting illnesses preserve their images, stories, and wisdom by creating personalized movies to pass on to their loved ones. This will be open to our community, lunch will be included and there is no charge. If you would like to attend, please call and let us know you are coming. Space is limited so please call as soon as possible.

Please RSVP before April 17 at (973)376-1600

Have a great April!!

Regards,

Richard J. Blecker

## Preventing Falls in the Elderly

The causes of falls are known as risk factors. Although no single risk factor causes all falls, the greater the number of risk factors to which an individual is exposed, the greater the probability of a fall and the more likely the results of the fall will threaten the person's independence.

Many of these risk factors are preventable. As obvious as it may sound, a lack of knowledge about risk factors and how to prevent them contributes to many falls. Some people believe that falls are a normal part of aging, and as such are not preventable. Lack of knowledge leads to lack of preventive action, resulting in falls.

### Below are five key risk factors of falls among older adults:

#### Factor #1: Osteoporosis

- Eat or drink sufficient calcium.
- Get sufficient vitamin D.
- Regularly do weight-bearing exercises.

#### Factor #2: Lack of Physical Activity

- Engage regularly (e.g., every other day for about 15 minutes daily) in exercise.
- Undertake daily activities in a safe manner, such as reaching and bending properly.
- Wear proper fitting, supportive shoes with low heels or rubber soles.

#### Factor #3: Impaired Vision

- Have regular checkups by an ophthalmologist
- Add contrasting color strips to first and last steps to identify change of level.
- Clean glasses often.

#### Factor #4: Medications

- Know side effects .
- Use the lowest effective dosage.
- Remove all out-of-date medications.
- Have a physician or pharmacist conduct a medicine review.
- Limit intake of alcohol.

### Factor #5: Environmental Hazards

It is useful to conduct a walk-through of your home to identify possible problems that may lead to falling. A home visit by an interior designer or occupational therapist might also be useful in that they are trained to identify risk factors and recommend appropriate actions.



### Statistics

- The risk of falling increases with age and is greater for women than men.
- Annually, falls are reported by one-third of all people 65 and older.
- Two-thirds of those who fall will fall again within six months.
- Falls are the leading cause of death from injury among people 65 or older.
- Approximately 9,500 deaths in older Americans are associated with falls each year. The elderly account for seventy-five percent of deaths from falls.
- More than half of all fatal falls involve people 75 or over, only 4 percent of the total population.
- Among people 65 to 69, one out of every 200 falls results in a hip fracture, and among those 85 or over, one fall in 10 results in a hip fracture.
- One-fourth of those who fracture a hip die within six months of the injury.
- The most profound effect of falling is the loss of independent functioning. Twenty-five percent of those who fracture a hip require life-long nursing care. About 50 percent of the elderly who sustain a fall-related injury will be discharged to a nursing home rather than return home.
- Most falls do not result in serious injury. However, there is often a psychological impact. Approximately 25 percent of community-dwelling people 75 or over unnecessarily restrict their activities because of fear of falling.
- The majority of the lifetime cost of injury for people 65 or over can be attributed to falls.