



SENIORS AT HOME, LLC

A Family Company That Cares Est. 2001

www.SeniorsAtHome.net

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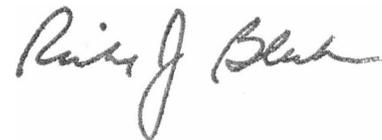
A Message From Richard J. Blecker President



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August, the eighth month of the year, is here. Coincidentally, eight great things have happened at Seniors At Home this year. (1) We moved to a new office this year doubling in size and giving us room to expand. (2) We promoted Dina to staff coordinator. She has risen to the task and is the best staff coordinator we've ever had. (3) We improved our hiring procedures. We now have a four step interview process that helps us really get to know new candidates before they are hired. This is in addition to written tests, background checks, etc. (4) We have instituted mandatory Friday meetings for all case managers, where we discuss our cases and continually improve our procedures and how to best care for our seniors. (5) Every Thursday we have office staff meetings to improve communication between our office and our clients. (6) We have promoted Tracy to be our hiring manager and to expand our reach especially into Morris and Bergen Counties. (7) We have developed a comprehensive computer system to track caregivers and clients. We now have insight at our fingertips of all relationships between care managers, caregivers and seniors. (8) Finally, we have brought all of this together and have furthered our ability to provide the very best care to our seniors. I want everyone to know how proud I am of the progress that we have made and the direction in which we are headed. I wish everyone an amazing August.



Contact/Emergency information:

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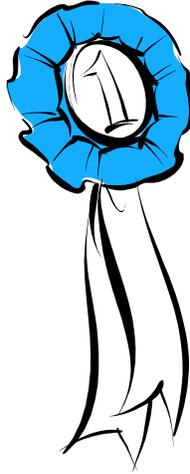
Mission Statement:

Seniors At Home's mission is to provide our aging population with the very best companion 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".

~Employee Of The Month~



Hasanna J. Our Employee of the Month



Hasanna J. receiving her certificate & \$100 American Express Gift Card from Richard Blecker.

Testimonial for Hasanna J. From Richard Blecker

Hasanna is this month's Employee of the month. Hasanna, although she has only been with Seniors At Home a short period of time, has proven to be one of our nicest, caring, dependable caregivers. When she started we gave her a lot of fill in work for other caregivers who were taking a break. Everyone Hasanna worked for raved about how great a caregiver she is and how nice she is as a person. We are very grateful to have Hasanna as apart of our Seniors at Home family and happy to make her employee of the month for August.



How To Become and Nominate Employee of the Month

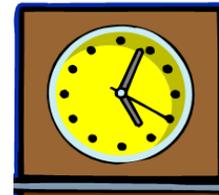


So many of our caregivers are worthy of becoming *Employee of the Month*. Many of you have been with Seniors At Home, LLC for years and have done an outstanding job. We have begun this program to honor employees who go above and beyond the call of duty. Only one employee can be *Employee of the Month* 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 at Home caregiver positively affected your life. Please mail letters to 2424 Morris Ave Union, NJ 07083 or email them to nominate@seniorsathome.net.



Time Reporting



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



Employee Reminder– If you received a blue slip attached to your paycheck please send in the information as soon as possible so we can update your files.

A letter from Mia Kebea....



There are so many moments to remember in life and so many times that we don't have the opportunity to take a snapshot. Let me try to take that snapshot and see if you can envision what I am saying.

As a little girl with long blond hair and big blue eyes I sat on his lap as I said, "Hold my hand", as the needle came closer, "because the pain will pass thru me and into you."

I remember walking holding hands to the diving tank at the local pool and making him watch me as I belly flopped off the first diving board and him telling me how proud he was of me.

The moments when he made up things to make me laugh, drawing a face on his big toe and making it talk to me, or convincing my brothers and me that his 84 Mustang could do pop wheelies. He'd rev the engine and yank up on the steering wheel with an exaggerated expression and then stomp his foot on the floor of the car to simulate the sound of it landing back on the ground. We thought it was the most amazing trick in the world, as we all screamed in the car. I still laugh today as I sit and think of this.

He has an uncanny ability to make a point. For example, when my brother decided to pierce his ear, instead of getting mad, he went to get a haircut and had his hair styled into a Mohawk. He then paraded my brother around town until he got so embarrassed he removed his earring.

The little messages about self respect, confidence, bravery, and the ability to laugh at oneself and with others, are everlasting. These are just a few reasons our family is so special to me. It started with a father who loves his children. He proudly stands at the forefront of our family. He leads our pack and he treasures his children, grandchildren and life.

My father is one of the most amazing people I have ever had the privilege of knowing. His ability to be there for our family and yours, love unconditionally, and ensure our family business is doing its best for our beloved families and caregivers at all times. I want to thank you Dad.

I hope everyone can look back a little and pick out a snapshot of your loved ones that makes you smile the way this has made me smile. A special thank you always goes out to our amazing families and caregivers that add so much to all of our lives.

My Best,

Mia Kebea

Senior Case Manager

Daughter of Richard Blecker, owner of Seniors At Home



Tips for managing your medicines

Taking as prescribed, medicine can help you feel better. Taken incorrectly, medicine can be useless or even worse, harmful. Follow these guidelines for taking your medicine.

Ask questions about your medicine,

Such as “When should I take them?”

Check the label

Before you take a medicine. Be sure you are taking the right one and have the correct dose. Always follow the directions on the label.

Don't take medicine in the dark

-It's easy to make a mistake and take the wrong one.

Tell your health-care provider if you have other prescriptions or take any over-the-counter medicines

Including even aspirin or other pain killers, nutritional supplements or herbal remedies. They could react with medicines he or she prescribes. Some medicines for arthritis pain relief and for diabetes treatment may make heart failure symptoms worse, so it is even more important to notify your providers if you are taking these.

Ask your health-care provider what you should do

If you miss a dose. Never take a larger dose the next time without his or her permission.

Report new side effects to your health-care provider

He or she may adjust your dose, prescribe a different medicine or make other changes.

Always carry a list of your medicines with you

This can help health-care professionals in an emergency.



Keep track of medicines

You can track your medicines by using a daily pill dispenser which helps you monitor your medication. Sometimes we don't remember if we took the proper

dosage of medicines each day so this is a easy way to make sure that we take our medications as prescribed.





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