

Employee of the Month
Lisha W.



Employee of the Month
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Lisha W. accepting the Employee of the Month certificate and the \$100 gift card from Chad, Senior Case Manager

Lisha has worked for Seniors In Place since June, 2010. During this time she has demonstrated all the traits that exemplify a competent, innovative, dependable "caregiver of the month." Congratulations to Lisha. Please read the wonderful testimonial submitted by our client, Eleanor S.

Testimonial

To Whom it may concern,

Lisha has been my health aid for almost a year. She has been extremely helpful and will do anything asked of her, as well as initiate other projects that she knows need attention.

Lisha does exemplify the perfect health aid, going above and beyond what is required.

She is an asset to your firm and certainly deserves to become "Employee of the Month".

Sincerely,

Eleanor 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 2424 Morris Ave Union, NJ 07083 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.



Important Dates Reminders



August 8th Senior Citizens Day

Contact/Emergency Information:

Main: 908-964-6700 Toll Free: 866-703-CARE
Fax: 908-964-6541 Emergency: 908-568-6594

Newsletter August 2011
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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".

We Are Moving



On August 6, 2011 we will move to: Seniors In Place, LLC
155 Morris Avenue, First Floor
Springfield, New Jersey 07081

Our new phone number will be: (973)376-1600

(Please note: For your convenience all our existing numbers will automatically be forwarded to our new office.)

We have planned well and expect our move to go smoothly. In the past we have had problems with the phone company. We hope this will not be the case this time. If anyone finds the phones are not working properly please call the following cell phones. We are set up to handle all problems and emergencies.

Dina (908)568-6594
Mia (908)400-0107
Chad (862)324-0043

For all mail and correspondence please use our new address after August 6, 2011.

On a personal note: Thank you to all our wonderful clients and caregivers who have made our growth possible. In our new space we will have more room to certify our caregivers, run CEU's, and expand our training and care.

Regards,

Richard J. Blecker

Healthy Aging Tips

As we grow older, we experience an increasing number of major life changes, including retirement, the loss of loved ones, and the physical changes of aging. How we handle these changes, as well as regular day-to-day stresses, is the key to aging well.

Healthy aging means continually reinventing yourself, finding new things you enjoy, learning to adapt to change, staying physically and socially active, and feeling connected to your community and loved ones. Unfortunately, for many, aging brings anxiety and fear instead. How will I take care of myself? What if I lose my spouse? What is going to happen to my mind? However, many of these fears stem from myths about aging that are exaggerated or simply untrue. **The truth is that you are stronger and more resilient than you may think.**

Tips for coping with change

As you age, there will be periods of both joy and stress. It's important to build your resilience and find healthy ways to cope with challenges. This ability will help you make the most of the good times and keep your perspective when times are tough.



- ✂ **Focus on the things you're grateful for.** The longer you live, the more you lose, but as you lose people and things, life becomes even more precious. When you stop taking things for granted, you appreciate and enjoy what you have even more.
- ✂ **Accept the things you can't change.** Many things in life are beyond our control. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems. Face your limitations with dignity and a healthy dose of humor.

Tips for finding meaning and joy

A key ingredient in the recipe for healthy aging is the continuing ability to find meaning and joy in life. As you age, your life will change and you will lose things that previously occupied your time and gave your life purpose. For example, you may retire from your career or your children may move far away, but this is not a time to stop moving forward. Later life can be a time of exciting new adventures if you let it.

Tips for boosting vitality

Don't fall for the myth that aging automatically means you're not going to feel good anymore.



It is true that aging involves physical changes, but it doesn't have to mean discomfort and disability. While not all illness or pain is avoidable, many

of the physical challenges associated with aging can be overcome or drastically mitigated by eating right, exercising and taking care of yourself.

Tips for exercising as you age

Many older adults don't exercise. However, exercise is vital for healthy aging. It helps you maintain your strength and agility, gives your mental health a boost, and can even help diminish chronic pain. Regular exercise will help you stay physically and mentally healthy and improve your confidence.

- ✂ **Check with your doctor before starting any exercise program.**
- ✂ **Walking is a wonderful way to start exercising.** Exercise doesn't have to mean strenuous activity or time at the gym. In fact, walking is one of the best ways to stay fit.

Tips for keeping your mind sharp

There are many good reasons for keeping your brain as active as your body. Keeping your brain active and maintain creativity actually may help to prevent cognitive decline and memory problems. The more you use and sharpen your brain, the more benefits you will get.