

Employee of the Month - Sharon T.



Sharon T.

Sharon accepting the Employee of the Month Certificate and Gift Card from Dina, Staff Coordinator.

Sharon T. has worked for Seniors In Place since August, 2010. In that period of time Sharon has worked for seven different clients. Sharon has always been a very compassionate, reliable and dependable caregiver. Please read the wonderful letter we received below recommending Sharon as employee of the month. To have a family tell us they are "honored and blessed to have Sharon in our lives," really shows what an impact one dedicated caregiver can make. Congratulations Sharon and keep up the excellent work. We are so proud to have you as a member of our family.

Testimonial

Dear Seniors In Place

I would like to nominate Sharon T. for not only employee of the month but for employee of the decade. She has not only been our father's caretaker but she has become part of our family. She is caring, confident, attentive and downright awesome! We couldn't have been any luckier than to have Sharon with our father, William L. Everyday that she is with him we are more than confident that he has the best care! We are more than honored and blessed to have Sharon in our lives! We can't thank you enough for having such a phenomenal aid in your company.

Sincerely,
Janet W.

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 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.

New Seniors In Place Uniforms

Seniors In Place is very excited about the new caregiver uniforms. If you did not receive your uniforms please contact the office.

Thank you!

Contact/Emergency Information

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



SENIORS IN PLACE, LLC
www.SeniorsInPlace.com
A Family Company
That Cares For You
Since 2001

Newsletter August 2012

Volume 11, Issue 8



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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



Seniors In Place continues to do new things and we are growing as an organization. Besides having a great family of caregivers, office staff, care managers, nurses and officers, we are working with communities, sponsoring events, lunch and learns, and resourcing breakfasts in our office. We will be sponsoring a 5K run in Springfield to benefit our educational system. We donate to many different charities and hold educational inservices for the community and for our caregivers. We are partnering with other companies and giving free lunch talks on subjects such as “family members taking care of seniors,” relaxation techniques, brain foods, and the list goes on. Chad, Adam, Mia, my wife Susan and I are proud to be helping our community and we are truly a family business. This month, in addition to our “Employee of the Month,” please read the terrific letter we received regarding Mia.

Thank you to everyone whose lives we touch and whose lives touch us. Happy August!

Regards,

Richard

Richard J. Blecker

A Special Letter For Mia

This month I am including a very special letter that was sent to the Director of Health Services at Winchester Gardens in Maplewood and forwarded to us. Mia has always been the consummate professional in the way she interacts with our clients, their families and the professionals that she comes in contact with.

June 7, 2012

Ms. Nancy U.
Director of Health Services
Winchester Gardens
333 Elmwood Avenue
Maplewood, NJ 07040

Dear Ms. U,

We would like to offer a recommendation for Mia Kebea and her company *Seniors In Place*. Our family has worked with Ms. Kebea and her staff for the past two years to assist our mother Alice K. with managing her doctor and other appointments. From the start, Ms. Kebea has been the consummate professional, meeting with our family, assessing our mother’s needs and working closely with us to recommend a caregiver and later, to re-evaluate and suggest modifications in services. The caregivers that Ms. Kebea employs are also exceptional not only in their qualifications but with their genuine caring attitude and guidance that they have provided for our mother.

Anytime a frustrating situation has arisen where we needed additional advice, Ms. Kebea has been instantly available to us by phone to discuss the matter and has worked with us over many hours to resolve issues and bring the situation to a resolution. We also have always felt comfortable talking directly with our mother’s caregiver, at any given time, to coordinate her care and schedule.

We want to encourage your office to include *Seniors In Place* as a recommended vendor to other families at Winchester.

Sincerely,

Leslie K. Heidi H. Leslie K.
Heidi H.

Nutrition: Health For Seniors

Many believe that the idea “you are what you eat” has particular significance for seniors. That’s because following a healthy diet can often lead directly to a better quality of life, including being more alert, having a stronger immune system, more energy, faster recuperation times and the ability to do a better job managing chronic health problems. It’s also said that eating well can lead to a more positive outlook and better emotional balance. Plus, it can also help to keep muscles, bones, organs and other body parts stronger over time.

Stay hydrated

Parts of a proper diet is making sure you drink enough water.



Seniors can be prone to dehydration because their bodies may lose some of their ability to regulate fluid levels and their sense of thirst on a regular basis. Drinking water with meals can help them avoid urinary tract infections, constipation and possible confusion.

Take your vitamins

Even those who pay attention to nutrition can sometimes benefit from taking a vitamin supplement, particularly when it comes to getting enough vitamin B and vitamin D.

- After age 50, a person’s stomach produces less gastric acid, which can make it difficult to absorb vitamin B12, a vitamin needed to help keep blood and nerves vital. In order to get the recommended daily intake (2.4 mcg) of B12, it may be necessary for some to take a supplement.
- As people get older, their skin is less efficient when it comes to synthesizing vitamin D, which, together with calcium, can help to protect older adults from osteoporosis, so taking a supplement may be to your benefit. In both cases, as with any vitamin or nutritional supplement, it’s best to consult your doctor before beginning a supplement program

