

# SENIORS AT HOME, LLC

A Family Company That Cares Est. 2001

www.SeniorsAtHome.net

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## A Message From Richard J. Blecker

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The other day Dawn walked into my office. Dawn said “It is the Thanksgiving time of the year and I just want to thank you and Seniors At Home for getting me a job and keeping me working and how appreciative I am!” It reminded me of last year when Lucy bought me a little gift. I told Lucy that I do not want her to spend money on me, that I really don’t need anything and that I appreciate her gift but please do not do this again. Lucy replied, “Richard, you do not understand. It is like God sent me a man in my life to take care of me and make sure that I can work and earn a living. I am just so very grateful and want to show you my appreciation.” It is comments like these from Lucy and Dawn that make me realize what a really close knit family we all are. As our year comes to an end I want you all to know that it is not you who should be thanking me. It is I who thanks all of you.

Seniors At Home has the very best caregivers of all our competition. You all get up in the morning, get to work on time, take care of our precious seniors and genuinely care about your work. I feel very blessed to have all of you in my life. I try very hard to expand our business so I can keep everyone working and employed. All businesses have their ups and downs. Sometimes we get very busy and it is easy to keep everyone busy. Sometimes things slow down and keeping everyone working becomes more of a challenge. I am sure you all understand, especially this year when so many businesses are not doing as well as in the past and unemployment hit 10.2%.

All of you should know that 2009 was a tough year. In spite of this, Seniors At Home, LLC moved to a larger office. We improved our office staff with Dina, Sheron and Jessica. We increased our sales and marketing department with Mia, Chad and Tracy. We added Adam to our mix as Director of Business Development. He is putting processes in place to streamline our business and make us more efficient. I want you all to know that all of this is only possible because of you, my wonderful and caring employees. I am very grateful to all of you for your 110% effort and I want each of you to know how much I appreciate you.

I would like to wish each and every one of you and your families a very wonderful holiday season and a healthy, happy and prosperous New Year. Let’s make 2010 the best year ever.

**Contact/Emergency information:**

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

Our Mission: Since 2001, our family has helped thousands of people in our community live better, safer and more fulfilling lives. Our caregivers put their hearts into their work each and every day and our family’s commitment over the past nine years has resulted in more jobs and continued growth. Our goal is to provide safe, reliable and affordable care to improve the quality of life for our aging population.

## Tamara Anderson ~ Employee Of The Month



**Tamara Anderson**  
**Employee of the Month**  
**December 2009**

Tamara came to New Jersey after being displaced by Hurricane Katrina in August 2005. She and her family lost everything and drove all the way from Louisiana to New Jersey.

When Tamara first came to us in June 2009, she expressed: "I love working with older people as my parents had me when they were quite a bit older."

From the following testimonial letter, it is abundantly clear that Tamara truly enjoys and loves being a caregiver for Seniors At Home, LLC.

We are so elated and proud to have Tamara as a member of our family.



**Tamara Anderson receives**  
**Employee Of The Month**  
**Certificate and a \$100 American**  
**Express Gift Card from Adam**  
**Blecker**

### Testimonial from Mrs. Norma Leeds, wife of Mr. Morton Leeds

October 27, 2009

Dear Seniors At Home, LLC:

I would like to thank you so much for sending us Tamara. Tamara just has something about her. She has this instinct about people. She really knows how to care for people. She is the best thing that has happened to my husband and myself.....

Tamara is a great caregiver. She knows how to deal with the elderly. She puts her all into everything she does. I would nominate Tamara as Employee of the Month without a doubt.

Regards,

Norma Leeds

## 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 At Home, LLC for many 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.

## Holiday Eve Office Hours

Please note that on Christmas Eve, Thursday, December 24th and New Years Eve, Thursday, December 31st our office will close at 4:00 p.m.

Therefore, anyone who is planning to pick up their checks should make arrangements to have them mailed or picked up earlier in the day.

Thank you in advance.

## Important: New Identification Badges



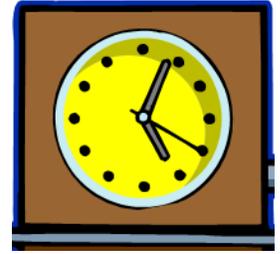
**SMILE!**

We want to issue **current** identification badges to all of our caregivers. Therefore, we would like to set up a time for you to come in to get your photograph taken and receive your new identification badge.

If you have not already been issued your new photo/badge, please call Sheron or Jessica to set up a date and time to come in for your new identification badge.



# 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 you get paid on each scheduled pay date.

If you do not call in your time by the requested deadline stated, there is the possibility that you will not get paid on the scheduled pay date. Therefore you may have to wait until the following pay period.

Prompt attention to this matter would be greatly appreciated.

Thank you.

## REMINDER! Our Referral Program - Earn \$50!

Don't forget to distribute our referral cards to people who you believe would use and benefit from our services.

If you need more cards, just let us know. You can pick them up when you stop by the office for your paycheck or you can request to have some mailed to you with your paycheck.

Keep in mind these cards are for **new** potential clients only. Remember to write your name on the reverse side of the card, so you can earn a \$50 American Express gift card if our service is used by someone you referred us to. Please use good judgment when giving out referral cards. Distribute them when you are having a conversation with someone and feel they will benefit from our services.

We do not want cards to be handed to just anyone. We are sure you can see where this can pose a problem, especially in an assisted living facility.

Any caregiver can initiate referrals by talking about us. You can earn extra money and a customer can save money as well.

### 1. Give referral card to potential client.



### 2. If they use our service and send the referral card with payment, they will receive \$50 off their bill.



### 3. You will receive a \$50 American Express Gift Card.



## Diet and Exercise



With Thanksgiving over and Christmas around the corner, we all tend to over-indulge ourselves with food. Who can resist; with all the scrumptious holiday meals and enticing desserts that surround us.

Therefore, it is suggested to keep track of what you eat (pay close attention that you consume the proper amount) and consistently do some form of daily exercise.

Not following a proper diet and exercise routine could result in numerous negative consequences. Heart failure is just one of the serious consequences from not doing so. Heart failure is a serious condition. It means that your heart has weakened and can't pump enough blood to meet your body's needs.

In general, heart failure develops slowly. It usually gets worse over time and in most cases, there is no cure. However, there are things you can do to manage heart failure:

- ◆ Make sure to take all prescribed medication
- ◆ Watch what and **how much** you eat and drink (by doing this you can prevent complications, such as increased swelling in your legs and feet).

It is imperative that clients (or their health-care provider) as well as caregivers monitor these habits. It is also a good idea for the caregiver to maintain a healthy lifestyle as well (it's never too late to work towards a healthy heart).

'Eating for your heart' is always something to bear in mind. This generally means in the following ways:

- ◆ Limit your sodium intake
  - Check nutrition fact labels for sodium content. Always select sodium free, low sodium or very low sodium
- ◆ Suggestions to lower your sodium

intake:

- Remove the salt shaker from the table
- Substitute salt with herbs and salt-free seasonings
- Choose fresh meats and vegetables instead of canned versions
- Snack on fresh fruits and vegetables (instead of chips or pretzels)

Eat less fat and cholesterol. Too much fat and cholesterol in your diet can cause or lead to more heart damage.

Tips for eating less fat and cholesterol:

- ◆ Choose fat-free or low-fat milk and other dairy products
- ◆ Use egg whites or cholesterol-free egg substitutes instead of whole eggs
- ◆ Choose fish, poultry (remove the skin) and lean cuts of meats
- ◆ Bake, broil, roast or steam foods *instead* of frying

Eat more fiber. Fiber can help lower cholesterol and reduce your risk of further heart disease.

To get more fiber in your diet:

- ◆ Eat fruits and vegetables, such as apples, oranges, peas and broccoli
- ◆ Choose whole-grain breads, cereals and pasta

Get the right amount of potassium. Potassium helps balance fluids in the body. It also helps the heart work properly. Too little or too much can cause problems.

Potassium-rich foods include:

- ◆ Bananas, oranges and dried fruits
- ◆ Broccoli, spinach, peas and tomatoes
- ◆ Dried beans, peas and lentils
- ◆ Lean meat, fish and poultry

Watch what you drink. Ask your health-care provider what's right for you. Depending on your condition, you may need to:

- ◆ Limit fluids
  - Drinking too many liquids may force your heart to work harder
- ◆ Watch your caffeine intake
  - Caffeine can increase your heart rate and put stress on your heart
- ◆ Avoid alcohol
  - Alcohol can slow your heart rate and make heart failure worse. It can also interact with some medications

Physical activity can also affect your health positively and how you feel. Most people with heart failure can benefit from regular exercise. These benefits include:

- ◆ Making your heart and body stronger
- ◆ Improving blood flow
- ◆ Increasing your energy

When exercising, exercise safely. The first thing is to start by warming up. Do about 5 minutes of activity at a slow or light pace. Then do some gentle stretching.

If your exercise plan includes aerobic activity choose one that gets your heart rate up. For example:

- ◆ Walking
- ◆ Playing tennis
- ◆ Gardening
- ◆ Swimming
- ◆ Bowling
- ◆ Raking leaves

You can break up your physical activity into segments if it's easier. For

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## Diet and Exercise (continued)

example, if your health-care provider recommends 30 minutes of aerobic activity, you could take a 15 minute walk in the morning and garden for 15 minutes in the afternoon.

Monitor your pulse as needed. If your health-care provider says to check your pulse during exercise, do the following:

- ◆ Find a clock or watch with a second hand
- ◆ Lightly place 2 fingers *other than* the thumb on your wrist artery
- ◆ Count pulse beats for 10 seconds — multiply that number by 6. This is your pulse in beats per minute.

Watch the weather. Try not to exercise outdoors when it's too cold, hot or humid. Doing so can:

- ◆ Make breathing harder
- ◆ Put strain on your heart
- ◆ Cause chest pain

If the weather fits any of the categories stated above, try indoor activities where the temperature is controlled, such as walking in a shopping mall.

Stop exercising immediately if you experience any of the following:

- ◆ Feel very tired
- ◆ Feel dizzy or lightheaded
- ◆ Vomit or have a stomach ache
- ◆ Have chest pain
- ◆ Have trouble breathing

Overall, and most importantly, end your exercise routine with a cool down, as you near the end of your activity, slow your pace for 5 minutes and complete your finish with some gentle stretching.

responsible exercise habits can ward off the onset of many ailments. A very serious one in particular is diabetes.

Diabetes is a disease in which the body doesn't produce or properly use a hormone known as insulin.

Insulin unlocks 'doorways' in cells and allows glucose that comes from sugar, starches and other foods, to enter the cells and be used as energy. Glucose provides the energy that the body needs to function normally and fuel daily activities.

There are two types of diabetes:

- ◆ Type 1: produces little or no insulin
- ◆ Type 2: produces insulin, but there isn't enough or the cells can't use it correctly

These two types cause blood sugar to build up in the body which could lead to serious health problems such as heart disease, kidney disease, blindness and nerve damage.

Different foods affect blood sugar in alternate ways. By learning how different foods affect your blood sugar, you can plan healthy meals to help control it.

Exercise also affects blood sugar. It can help lower your blood sugar levels and even help your body use insulin better over time.

Some individuals can control their diabetes with diet and exercise alone. Others will need to take medication too. However, even with medication, watching what you eat and getting regular exercise is still important.

There is no set 'diabetes diet.' You can eat the same foods as everyone else. You can even have sweets but will just have to limit them.

What you should have is a personal meal plan. This plan will help you to:

- ◆ Eat the right variety of foods
- ◆ Eat on a regular schedule
- ◆ Eat about the same amount every day

Carbohydrates in food raise your blood sugar level more than other nutrients. Counting your carbohydrate intake can better help control your blood sugar level.

In order to monitor your carbohydrate intake, find out how many carbohydrates you need each day. Ask your health-care provider, dietitian or nutritionist.

Overall, making healthy choices in both diet and exercise leads to a more active, rewarding life.