

## Employee of the Month Juliet R.



Employee of the Month  
Juliet R.

Juliet R. accepting the  
Employee of the Month  
certificate and the \$100 gift  
card from Mia, Senior Case  
Manager

Juliet R. has worked for Seniors In Place since July, 2008. So many of our clients have called to tell us what a great caregiver she is. Since she has been with us she has worked for nine different seniors. Everyone has always said the nicest things about Juliet. Since April of 2009, Juliet has worked for Mr. and Mrs. R. They absolutely loved Juliet. Even when Juliet would have to take off a day they did not want anyone but Juliet. Unfortunately, last week Mr. R. passed away. What was really amazing was the day Mr. R passed I received a call from his daughter. She just had to call me to say how special Juliet has been and how much they love her. What was really telling was the next day I received a call from another senior who lives in the same assisted living facility. She just had to let us know what a great person Juliet is and that even though Juliet was not her caregiver, she always helped her also. We have such special caregivers working for us. Since I have been writing this newsletter I have never had a shortage of caregivers to be our caregiver of the month. It is a real testament to our team that so many wonderful people work for us and that our clients recognize how caring they are. We are very proud of Juliet and are happy to make her "caregiver of the month" for December.

## 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 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.

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](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 following pay period. Thank You.

## Important Dates Reminder

December 21	Hanukkah
December 25	Christmas
December 26	Kwanzaa

## Contact/Emergency Information

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

## Newsletter December 2011

Volume 3, Issue 12

# Happy Holidays



## Inside this issue:

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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 Richard J. Blecker*



It is hard to believe that 2011 is drawing to a close. In December my twin grandsons are turning ten years old. It seems like yesterday that they were born. Is it just me or do you also feel like time flies by? It has been an interesting year. In August we again moved to a larger office so we can run training classes for our employees and have guest speakers and CEU's for our resources. My daughter Mia had a major fire in her house. Thank God she and my grandsons are ok. In November she was able to return to her home. My newest grandson, now seventeen months old is now walking and learning to speak. It is such a great age.

This year, thankful for good health, happiness and prosperity, we want to give back to our community. We have initiated a "new toy drive" in conjunction with Springfield H.O.P.E. so less fortunate children can have a nice toy to open this Christmas. If you wish to participate you can drop a toy off at our office at 155 Morris Avenue in Springfield. In honor of all our clients, employees, and resources we have made donations to the American Heart Association, Make A Wish, The Alzheimer's Association, The American Cancer Society and The American Diabetes Association. I have always thought that at this wonderful time of year it is nice to receive gifts, however, for me it feels so much better to give. Have a wonderful holiday season.

Regards,

Richard J. Blecker



## *Safety Measures for Seniors*

General safety measures both at home, and away from home, are encouraged and recommended to elderly patients and their family members. Falls and injuries, confusion, adherence to medical instructions, and future health and financial planning are among the concerns pertinent to elderly care.

### **Simple home safety recommendations for seniors include:**

Using canes or walkers and shower seats for fall prevention if unsteady on feet

Utilizing assist devices such as walkers, wheelchairs, scooters to promote safe mobility and independence if difficulty getting around

Replacing hard wood floors with carpeting for injury reduction in case of a fall (avoid throw rug on hard wood floors or potentially slick surfaces)

Using hearing aids, wearing glasses, and installing good lighting to diminish effects of hearing and visual problems

Managing medications by taking advantage of pill boxes when keeping track of medications become burdensome

Hiring caregivers or accepting assistance from family members if activities of daily living become difficult

Scheduling routine sleep and wake times to improve sleep quality and day time efficiency

Subscribing to medical alert systems and programming emergency phone number into cell phones for easy access in cases of emergency



Planning regular social activities to improve social interactions

Driving with care and recognizing when it may be safer to stop driving

Preparing a properly executed advance healthcare directive, living will and trust to outline decisions and preferences in preparation for the time

Another noteworthy concern for the elderly is the subject of medications. With the rise in availability of various medications, naturally a growing list of drugs is offered to the elderly due to their high prevalence of medical conditions. As a consequence, interactions between these drugs and their individual side effects become increasingly more likely. The best approach to address these concerns is a discussion and periodic medication review with the treating physicians or the primary care doctor. If the elderly patient or their caregiver keep up-to-date records of allergies, medications, diseases, medical and surgical history, and advance directives readily available: the patient will have a better experience if they need emergency care or hospitalization. This is especially true if they arrive at a hospital where the patient's doctors do not practice, or if they have need of medical care while "on vacation" or "traveling".