

SENIORS AT HOME, LLC

A Family Company That Cares Est. 2001

www.SeniorsAtHome.net

2424 Morris Avenue, Suite 205, Union, NJ 07083
908-964-6700 Toll Free: 866-703-CARE Fax: 908-964-6541

Volume 2, Issue 2



Valentine's Day Edition



A Message From Richard J. Blecker President



AFFAIRS OF THE HEART

Inside this issue:

-  Message from President
-  Employee of the Month
-  Testimonial for Employee of The Month
-  Becoming Employee of the Month
-  Time Reporting
-  New Identification Badges
-  A letter from Adam Blecker
-  Fun Recipes
-  Heart Disease

I wonder if it is coincidence that we enter the month of February at a time when one of the worst natural disasters in history has devastated the country of Haiti. How does one celebrate a day like Valentine's Day when such devastation has killed and maimed thousands? We always come back to the same question. Why do bad things happen to good people? In this message I must admit that I do not have the answer. However, something positive has been happening. After the earthquake hit the world came together to help Haiti. Rescuers came with equipment, doctors, food, water and medical supplies. Sunday the rescuers saved a man who had been buried for nine days. George Clooney hosted "Hope for Haiti" and the event raised 57 million dollars. President Obama pledged 100 million dollars to help Haiti. My wife and I made a donation. My daughter Mia and her two young boys set up a lemonade and cookie stand to raise money for Haiti. I was amazed how many cars stopped and made donations. They raised \$216.63 and gave it to the Red Cross. It seems like everyone in every way has somehow opened up their hearts to help.

I am encouraged by the outpouring of love that we as human beings have demonstrated. February is also National Heart month. Affairs of the heart are at the forefront of our lives. Thank you to everyone who has opened their heart for their fellow man.

Contact/Emergency information:

Main #: 908-964-6700

Toll Free #: 866-703-CARE

Fax #: 908-964-6541

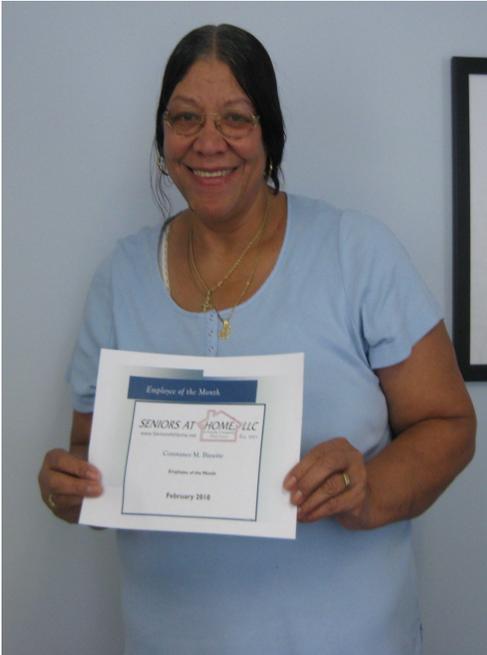
Emergency #: 908-568-6594

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".



Constance B. ~ Employee Of The Month



Employee of the Month

Constance B.

Constance B. came to work for Seniors At Home, LLC in September of 2005. Constance prides herself as being a professional and every client that she has worked for has recognized that special something about Constance. Constance continually takes courses and tries to better herself. We are very proud to have Constance working for us and welcome the opportunity to give her this recognition that she has earned and deserves.



Constance B. accepting the award and the \$100 gift card from Adam

Testimonial from Helen & Bill W.

Dear Seniors at Home Family,

A word of thanks to you for all that you do to help us through this difficult time in our lives.

We especially want to thank you for Constance B. who has become a mainstay in our lives over these past years.

Thanks also for your greetings during these holidays. May you find peace and joy in the New Year.

Helen & Bill W.



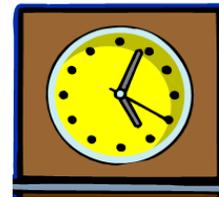
How To Become and How to Nominate the Employee of the Month

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 American 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 positivity affected your life. Please mail letters to 2424 Morris Ave 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.

Thank you.

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 ID badge, please call the office to set up a date and time to come in for your new identification badge.



A LETTER FROM ADAM BLECKER DIRECTOR OF BUSINESS DEVELOPMENT



My name is Adam Blecker and I am the Director of Business Development for Seniors At Home. I'm responsible for ensuring Seniors At Home continues to live up to our promise of providing our clients with the highest quality care at the very best value; while ensuring we create exceptional employment opportunities that encourage personal growth and team work.

Seniors At Home is a true family business. My father, Richard Blecker founded Seniors At Home in 2001. Today, with all of his children and an extended family of compassionate, caring people; Seniors At Home provides hundreds of seniors in New Jersey with loving care.

I hope all of you have been positively affected by our family. If you are an existing client, you should have received a survey with your last invoice. Please take the time to fill this survey out and send it back to us. This is just one more measure we are using to ensure we provide you with the highest quality of care.

We greatly appreciate the trust you have instilled in our family, and we remain committed to exceeding your expectations. All of you have contributed to our ability to provide exceptional personal care for the past 9 years and on behalf of my entire family, I thank you for giving us the opportunity to serve you.

Fun at home recipes



Herbed Potato Soup

This creamy potato soup is almost as easy to make as opening a can of

soup-and it taste so much better. The rosemary and thyme adds just the right amount of seasoning.

Ingredients

- 2 medium potatoes, peeled and diced
- 2 cups water
- 1 large onion, chopped
- 1/4 cup butter, cubed
- 1/4 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried rosemary, crushed
- 1/4 teaspoon pepper
- 1 1/2 cups milk

Directions

Place potatoes and water in a large saucepan; cook over medium heat until tender. Meanwhile, in another saucepan, saute onion in butter until tender. Stir in the flour, salt, thyme, rosemary, and pepper. Gradually add milk. Bring to a boil; cook and stir for 2 minutes. Add potatoes with cooking liquid; heat through.



Flavorful Tomato Soup

Prep Time 15mins

Ready In 15mins

Ingredients

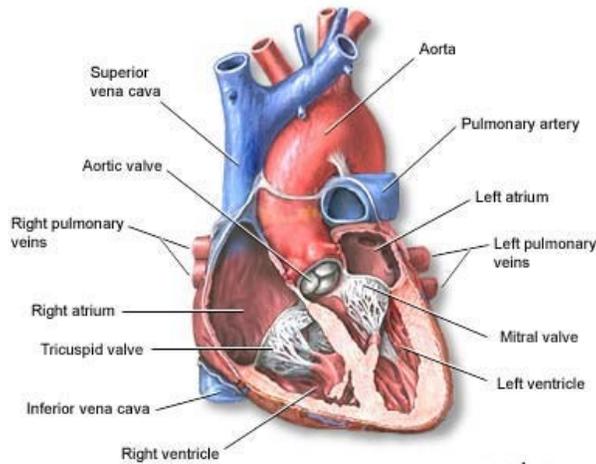
- 1/4 cup finely chopped onion
- 1 tablespoon butter or margarine
- 1/4 teaspoon dried basil
- 1/4 teaspoon paprika
- 1/8 teaspoon garlic powder
- 1 (10.75 ounce) can condensed tomato soup, undiluted
- 1 cup milk

Directions

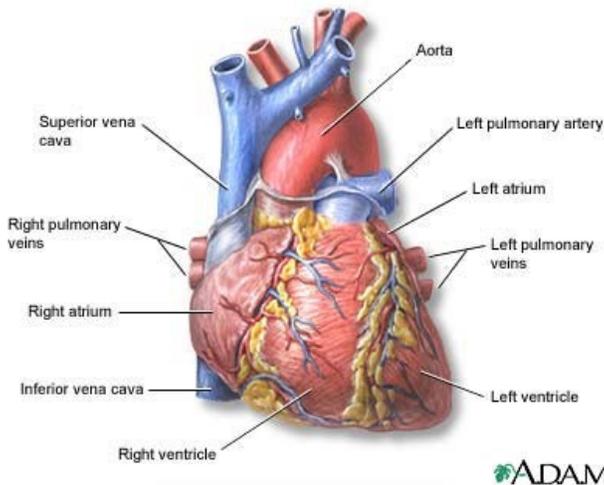
In a saucepan, saute onion in butter until tender. Add basil, paprika and garlic powder. Stir in soup and milk until well blended. Cook over medium heat for 6 minutes or until heated through.

continued on page 6

Heart Disease



The interior of the heart is composed of valves, chambers, and associated vessels.



The external structures of the heart include the ventricles, atria, arteries and veins. Arteries carry blood away from the heart while veins carry blood into the heart. The vessels colored blue indicate the transport of blood with relatively low content of oxygen and high content of carbon dioxide. The vessels colored red indicate the transport of blood with relatively high content of oxygen and low content of carbon dioxide.

Symptoms of Heart Disease

Coronary artery disease, heart attack -- each type of heart disease has different symptoms, although many heart problems have similar warning signs. The symptoms you experience depend on the type and severity of your heart condition. Learn to recognize your symptoms and the situations that cause them. Call your doctor if you begin to have new symptoms or if they become more frequent or severe.

Symptoms of Coronary Artery Disease

The most common symptom of coronary artery disease is angina, or chest pain. Angina can be described as a discomfort, heaviness, pressure, aching, burning, fullness, squeezing, or painful feeling in your chest. It can be mistaken for indigestion or heartburn. Angina is usually felt in the chest, but may also be felt in the shoulders, arms, neck, throat, jaw, or back.

Other symptoms of coronary artery disease include:

- Shortness of breath
- Palpitations (irregular heart beats, skipped beats, or a "flip-flop" feeling in your chest)
- A faster heartbeat
- Weakness or dizziness
- Nausea
- Sweating

Symptoms of a Heart Attack (Myocardial Infarction or MI)

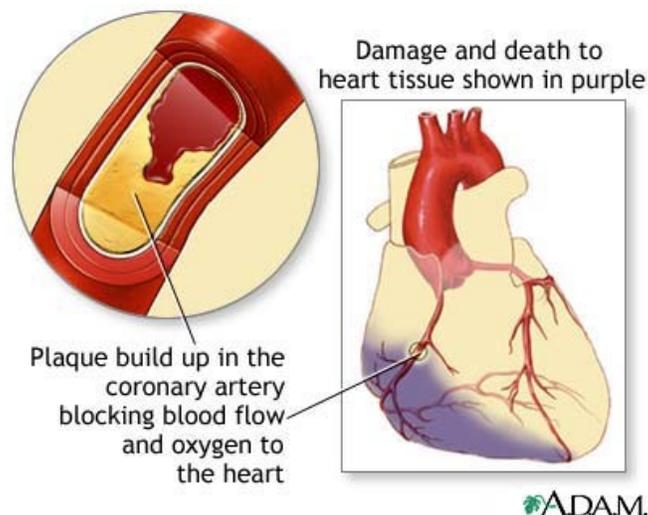
Symptoms of a heart attack can include:

- Discomfort, pressure, heaviness, or pain in the chest, arm, or below the breastbone
- Discomfort radiating to the back, jaw, throat, or arm
- Fullness, indigestion, or choking feeling (may feel like heart-burn)
- Sweating, nausea, vomiting, or dizziness
extreme weakness, anxiety, or shortness of breath
- Rapid or irregular heartbeats

During a heart attack, symptoms typically last 30 minutes or longer and are not relieved by rest or oral medications (medications taken by mouth). Initial symptoms can start as a mild discomfort that progresses to significant pain.

Some people have a heart attack without having any symptoms (a "silent" MI). A silent MI can occur among all people, though it occurs more often among diabetics.

If you think you are having a heart attack, **DO NOT DELAY**. Call for emergency help (dial 911 in most areas). Immediate treatment of a heart attack is very important to lessen the amount of damage to your heart.



Heart Disease Prevention

Heart disease is the leading cause of the death in the U.S. Over one quarter of all deaths are from heart disease. It is also a major cause of disability. The risk of heart disease increases as you age. You have a greater risk of heart disease if you are a man over age 45 or a woman over age 55. You also are at greater risk if you have a close family member who had heart disease at an early age.

Fortunately, there are many things you can do reduce your chances of getting heart disease. You should:

- Know your blood pressure and keep it under control
- Exercise regularly
- Don't smoke
- Get tested for diabetes and if you have it, keep it under control
- Know your cholesterol and triglyceride levels and keep them under control
- Eat a lot of fruits and vegetables
- Maintain a healthy weight