

**Employee of the Month
Ameenah H.**



**Employee of the Month
Ameenah H.**



**Ameenah H. accepting
the Employee of the Month
certificate and the \$100
gift card from Dina,
Staff Coordinator**

Ameenah H. has worked for Seniors In Place since August 2010. The reason we have selected Ameenah to be our February, 2012 "Employee of the Month" is that besides being a great, responsible, and loving caregiver, she is exceptionally dependable and always willing to pitch in and help when needed. Ameenah had worked for 33 different clients and everyone has only said the nicest things about her. In this particular case, I do not have a formal recommendation letter for her, rather an accumulation of phone calls and accolades from clients and different assisted living facilities. We are very proud of Ameenah and are blessed to have her work for us. Congratulations Ameenah.

**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.

Important Dates Reminder

- February 14** Valentine's Day
- February 12** Lincoln's Birthday
- February 20** President's Day
- February 22** Washington's Birthday

Contact/Emergency Information

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



Newsletter February 2012

Volume 4, Issue 2



Inside this issue:

- 📌 Message from the President
- 📌 Fall Prevention Tips
- 📌 Employee of the Month - Ameenah H
- 📌 Becoming Employee of the Month
- 📌 Reporting Hours & Important Dates

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".

Welcome February



This month we celebrate some very special health awareness days; AMD/Low Vision Awareness Month, International Prenatal Infection Prevention Month, Give Kids A Smile® Day, Congenital Heart Defect Awareness Week, American Heart Month, National Children's Dental Health Month, National Wear Red Day for the National Heart, Lung, and Blood Institute Health Day, and National Donor Day. These causes are so meaningful for us. They highlight the importance of taking care of ourselves and striving to do the right thing concerning our health. Many of us made resolutions for the New Year. How many of us are sticking to our goals? Let's make a group resolution for February. It would be nice to donate to some of these causes but that is not the resolution I want us to make. I want all of us to heed the messages of these holidays and promise that we will become aware of our health and be conscientious about taking care of ourselves. Please read our article this week about the prevention of falls. No one can help us more than we can help ourselves. Have a "lovely" February.

Regards,

Richard J. Blecker

Fall Prevention Tips

Fall prevention may not seem like a lively topic, but it is important. As you get older, physical changes and health conditions and sometimes the medications used to treat those conditions make falls more likely. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Instead, consider six simple fall prevention strategies.

1. Make an appointment with your doctor

Begin your fall-prevention plan by making an appointment with your doctor. Be prepared to answer questions such as:

- **What medications are you taking?** Make a list of your prescription and over-the-counter medications and supplements, or bring them with you to the appointment. Your doctor can review your medications for side effects and interactions that may increase your risk of falling. To help with fall prevention, your doctor may consider weaning you off certain medications— such as sedatives and some types of antidepressants.
- **Have you fallen before?** Write down the details, including when, where and how you fell. Be prepared to discuss instances when you almost fell but were caught by someone or managed to grab hold of something just in time. Details such as these may help your doctor identify specific fall-prevention strategies.
- **Could your health conditions cause a fall?** Certain eye and ear disorders may increase your risk of falls. Be prepared to discuss your health conditions and how comfortable you are when you walk— for example, do you feel any dizziness, joint pain, numbness or shortness of breath when you walk? Your doctor may evaluate your muscle strength, balance and walking style (gait) as well.

2. Keep moving

Physical activity can go a long way toward fall prevention. With your doctor's OK, consider activities such as walking, water workouts or tai chi— a gentle exercise that involves slow and graceful dance-like movements. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

If you avoid physical activity because you're afraid it will make a fall more likely, tell your doctor. He or she may recommend carefully monitored exercise programs or refer you to a physical therapist. The physical therapist can create a custom exercise program aimed at improving your balance, flexibility, muscle strength and gait.

3. Wear sensible shoes

- Buy properly fitting, sturdy shoes with nonskid soles.
- Avoid shoes with extra-thick soles
- Choose lace-up shoes instead of slip-ons, and keep the laces tied. If you have trouble tying laces, select footwear with fabric fasteners.

4. Remove home hazards

- Remove boxes, newspapers, electrical cords and phone cords from walkways.
- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Secure loose rugs with double-faced tape, tacks or a slip resistant backing or remove loose rugs from your home..
- Immediately clean spilled liquids, grease or food.
- Use nonslip mats in your bathtub or shower.

5. Light up your living space

- Keep your home brightly lit to avoid tripping on objects that are hard to see. Also place night lights in your bedroom, bathroom and hallways.
- Turn on the lights before going up or down stairs.
- Store flashlights in easy to find places in case of power outages.
- Place a lamp within reach of your bed for middle of the night needs.

6. Use assistive devices

- Hand rails for both sides of stairways.
- Nonslip treads for bare-wood steps.
- A raised toilet seat or one with armrests.
- Grab bars for the shower or tub.
- A sturdy plastic seat for the shower or tub — plus a hand-held shower nozzle for bathing while sitting down.

