



## Employee of The Month

Carla C.



Carla C.



Carla accepting the Employee of the Month Certificate and Gift Card from Adam., Exec. V.P.

Carla has worked for Seniors in Place since August, 2010. Carla is one of our very special “go to employees.” By that I mean she is always willing to fill in for a case at anytime, anywhere. In reviewing her profile for this special recognition I was so impressed that Carla has actually worked for us for 63 different clients. Everyone loves Carla and we have received wonderful feedback from our clients as the letters below will attest to. Congratulations Carla, we are so lucky to have you as part of our family.

### Testimonial

*This note of thanks should have been sent to you a long time ago. I want to thank you for letting me have Carla C. 4 days a week. She is terrific and very good at what she does. My condo has never looked so clean and neat. I never have to tell her what to do, as to what needs to be done. She is a good companion. We talk about different subjects and have our laughs.*

*Once again, I thank you.  
Sincerely,  
Michael U.*

*Carla,  
You are wonderful! Mike was so lucky to have found you. So are we.  
Best of luck with everything in your life.  
Martie, Sally, and John*

## 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 , Ste. 101 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 next 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**



## Newsletter February 2013

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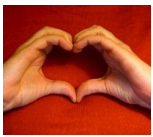


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### Mission Statement:

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



“ NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, do hereby proclaim February 2012 as American Heart Month, and I invite all Americans to participate in National Wear Red Day on February 3, 2012”

So now we have an American Heart Month. It is so important to focus and call attention to what we can do to improve our health. This month’s article has some very eye opening facts about our hearts. I hope you find it interesting. Awareness, Awareness, Awareness!! Awareness is the first step toward making the subtle changes that we all can make to keep our hearts healthy. Let’s all wear something red on February 3<sup>rd</sup> to show how unified and supportive we are. More importantly, let’s all commit to at least one change to help this “Amazing Machine.”

I wish all of you a very heartfelt happy February.

Regards,

*Richard*

Richard J. Blecker

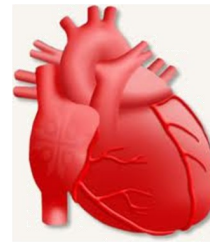


## Heart Awareness Month

- ★ Your heart beats over 100,000 times a day.

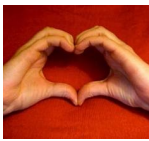


- ★ Your heart pumps about 2,000 gallons of blood each day!
- ★ The heart pumps about 1 million barrels of blood during an average lifetime!
- ★ Women’s hearts beat faster than Men’s.
- ★ The aorta, the largest artery in the body, is almost the diameter of a garden hose.



- ★ Every day, the heart creates enough energy to drive a truck 20 miles. In a lifetime, that is equivalent to driving to the moon and back.

## How Do We Protect This Amazing Machine?



- ★ To avoid heart disease, get moving. The risk of heart disease doubles in inactive people versus people who get regular exercise. Join activities like chair exercises, bean bag baseball, Wii bowling, balloon tennis, and stretchy band exercises.
- ★ Taking care of your teeth can have a dramatic impact on heart health. If you develop gum disease, your chances of having a heart attack or stroke increases by 50%.



- ★ Laughing can be a great workout for your heart. Whenever you laugh, the blood flow in your heart is increased for up to 45 minutes, which in turn improves your heart health.

### Most Importantly! Heart = Love

- ★ Plato theorized that reasoning originated with the brain, but that passions originated in the “fiery” heart.
- ★ There is a reason the heart is associated with love and emotion. The ancient Egyptians believed that both intelligence and emotion were based in the heart, while the Chinese believed that the heart was the source of happiness.