

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



Valentines Day Edition



A Message From Richard J. Blecker President



"What lies behind us and what lies before us, are little matter compared to what lies within us."

-Ralph Waldo Emerson

Inside this issue:

-  Message from President
-  Employee of the Month
-  Testimonial for Employee of The Month
-  Becoming and Nominating Employee of the Month
-  Time Reporting
-  New Identification Badges
-  A letter from Mia Kebea Dir of Marketing
-  Fun Recipes
-  Useful Numbers and Information

What lies within us? For me I have this burning desire to do my best for my family, my employees and the precious seniors that we care for. I know that I cannot control the past and I really have no idea what the future will bring, but deep down inside me I know what I want to do and accomplish. All of us have to dig deep within ourselves to feel and develop that burning desire that gives meaning to our lives. For our wonderful caregivers you prove every day what lies within. You get up, go to work, care for your families and give the very best care for the seniors entrusted to you. I always tell you that you belong in the 110% club and you prove every day that you do.

For our wonderful seniors "what lies within" means so much. We all benefit by your wisdom, your experiences and your knowledge. So many years behind you, hopefully many happy, healthy years ahead of you, but most important is what you share with us from within. I would love for some of our seniors to write to me about some of their life experiences. If you would like, I can even publish some of your stories in our newsletter. We started this newsletter last year and originally it was directed to our caregivers. However, our newsletter has so much valuable information for our senior clients that starting in 2010 we are going to share our newsletters with everyone. We have had articles on safety, Alzheimer's, influenza/H1N1, diet and exercise. This month we speak about Osteoporosis. I hope you enjoy our newsletter and I would love to hear from you regarding your experience with Seniors At Home, LLC, your caregivers who you may want to recommend for employee of the month and any stories you have about your lives.

The Blecker family would like to extend to each of you and your respective families a very healthy, happy and prosperous New Year. Let us work together to make 2010 the best year ever.

Contact/Emergency information:

Main #: 908-964-6700

Toll Free #: 866-703-CARE

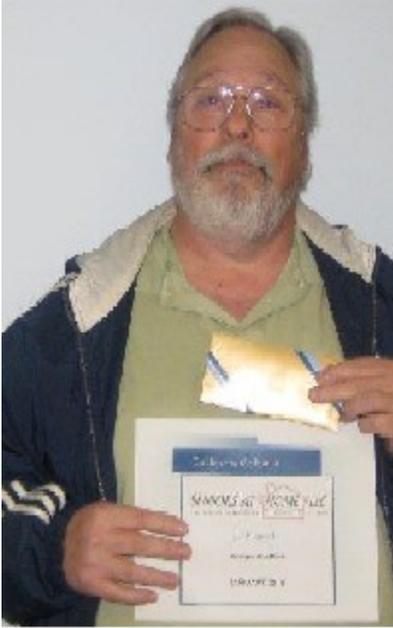
Fax #: 908-964-6541

Emergency #: 908-568-6594

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".

Joe P. Jr. ~ Employee Of The Month



Joe P. Jr.
Employee of the Month

Joe P. Jr joined the Seniors At Home family in February 2008. Joe has worked on several difficult cases but always managed to win all his clients over with his warm, genuine, and sincere attitude.

Below is a wonderful letter from Randy G. daughter, Jacky G., nominating Joe to become our employee of the month. Because of Joe's hard work and dedication to his clients he has been selected as our Employee Of The Month for January 2010.



Joe P. Jr. is presented with Employee Of The Month Certificate and a \$100 American Express Gift Card from Dina Lopez our Staff Coordinator.

Testimonial from Helen & Bill Webber

February 2010

Dear Seniors at Home Family,

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

We especially want to thank you for Contance Bisette who has become a

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

The Webbers Helen & Bill

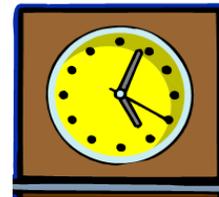
How To Become and Nominate Employee of the Month

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 America 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 love@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 MIA KEBEA

Director of Marketing



I am writing about a little something that I found very touching and decided I wanted to share with you. During my day, I am given the privilege of getting to know families and their life situations. This is about a man named Charles, and his son Robert. I had many conversations with Robert over two months about his dad. He was concerned and wanted just a little help for him, so we set up a day to meet when he came back to New Jersey. What I learned about Charles was so touching.

We sat at his kitchen table and I listened to him talk. Charles is such a beautiful man at 90 years old and the stories he shared made my eyes tear. I sat and realized how special this family was. He loved his wife who passed away several years ago and he still cried when he spoke of her. He still remembered when they purchased the table we were sitting at and how special she felt it was. He told me stories of the little things she did for him that he would never forget. Once she wrote, "I LOVE YOU" on a piece of cardboard and put in inside his sandwich. When he took his first bite he realized there was something inside and when he opened his sandwich and saw the note...Charles said, "She made me want to be a better man and husband." Charles always wanted to do something for her, hence the key to their loving and lasting relationship. Robert shared in the stories his dad told. I learned of the sadness Charles felt when losing his granddaughter to cancer. Two years later, his daughter passed away to the same cancer leaving his great grandson to struggle through. I could see his sadness and I felt it inside of me as well. They have great faith in their religion and they believe you need to be good to all and in all you do. This is just another part of what makes this family special.

Charles has a tenant that lives upstairs who he considers another child of his. He actually explains why.... This man had no one, nowhere to live and needed to use some space in Charles' driveway. Charles ended up offering his driveway to him and in time the apartment that he built with his own hands in the upstairs part of his house. Knowing the man had little money, he gave it to him for half the cost of the previous tenant. In the relationship they have, Charles has peace of mind knowing neither of them are ever alone.

Charles is just one example of how I am touched every day by my wonderful families. I sent a caregiver to him and called him to find out how it went. The caregiver called us at the same time telling us how she was so moved by this beautiful man and how special she thought he was. I was elated to hear how satisfied they both were and he said he never felt so good. This is why Seniors at Home is here and why we do our best every day. I found myself thinking about him that entire day and would have loved to sit for many more hours and listen to his stories. My seniors teach me something all the time and you all touch my heart. The sweet kindness made me put some of my own trials and tribulations into perspective. I am thankful I was given the chance to learn a little something about Robert and his loving father, Charles. I felt compelled to share it with you. My caregivers are better than ever and you are all doing an amazing job. Thank You to all of my families and caregivers for allowing me to share in your lives.

Mia Kebea

Fun at home receipts



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 jus 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 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



FEBURARY EVENTS