

**Employee of the Month
Salima L.**



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**Salima L. accepting the
Employee of the Month
certificate and the \$100 gift
card from Adam,
Dir. of Business Development**

Congratulations Salima L. Salima has been with Seniors In Place since October of 2009. During this time she has worked for 13 different clients. Everyone has always raved about what a loving, dependable, and caring person she is. The enclosed letter says it all. We are so happy to have Salima working for us and it is our pleasure to make her our January, 2012 caregiver of the month.

Testimonial

Dear Mr. Blecker,

Pursuant to our talk of the 22nd past, I am hereby recommending some recognition to Salima L. who has been performing her assignment for me twice per week in an exemplary, dedicated manner representing your service with such distinction that it merits your reward.

Salima's performance strength is underlined by her compassion, trust of character, ability, intelligence, and unquestioned desire to be totally helpful. If she were a member of my family, she couldn't act any warmer or interested, Mrs. G. and I are very glad and happy that Salima is available to us. Thank you for assigning her to us.

Sincerely,

Eli G.

**Special Recognition Presented to
Barbara C.**



It is very exciting to continually get recommendations from our clients nominating our caregivers for "Employee of the Month." We are very proud of our caregivers. Currently, I have a list of caregivers that I am waiting to make caregiver of the month. We just received the most unbelievable letter concerning Barbara C. She works at an Assisted Living Facility. Thirty three people from that facility including residents, other worker and the executive director herself signed this letter. The executive director wrote, "Barbara is the consummate team player. She is often happier to lend a hand than the actual facility employees. She is always happy to help the residents and staff members any way she can. She is an absolute pleasure to have in our center."

I decided to present Barbara with our "Special Recognition Award for 2011." Barbara received a special certificate and gift card for her efforts. Thank you Barbara, for being such a special person.

Important Dates Reminder

January 1 New Years Day

January 16 Martin Luther King Jr. Day

Contact/Emergency Information

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

Newsletter January 2012

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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



Fall Prevention Awareness

Statistics:

- The risk of falling increases with age and is greater for women than men.
 - Annually, falls are reported by one-third of all people 65 and older.
 - Two-thirds of those who fall will fall again within six months.
 - Falls are the leading cause of death from injury among people 65 or over.
 - Approximately 9,500 deaths in older Americans are associated with falls each year. The elderly account for seventy-five percent of deaths from falls.
 - More than half of all fatal falls involve people 75 or over, only 4 percent of the total population.
 - Among people 65 to 69, one out of every 200 falls results in a hip fracture, and among those 85 or over, one fall in 10 results in a hip fracture.
 - One-fourth of those who fracture a hip die within six months of the injury.
 - The most profound effect of falling is the loss of independent functioning. Twenty-five percent of those who fracture a hip require life-long nursing care. About 50 percent of the elderly who sustain a fall-related injury will be discharged to a nursing home rather than return home.
 - Most falls do not result in serious injury. However, there is often a psychological impact. Approximately 25 percent of community-dwelling people 75 or over unnecessarily restrict their activities because of fear of falling.
- The majority of the lifetime cost of injury for people 65 or

Discussed below are five key risk factors of falls among older adults. Preventive measures for each factor are briefly listed.

Factor #1: Osteoporosis

Osteoporosis is a condition wherein bones become more porous, less resistant to stress, and more prone to fractures. Caused by hormonal changes, calcium and vitamin D deficiency, and a decrease in physical activity, osteoporosis is a chief cause of fractures in older adults, especially among women.

What is debatable is whether brittle bones break after a fall, or break when stressed and in turn cause a fall. In either event, a decrease in bone density contributes to falls and resultant injuries.

Factor #2: Lack of Physical Activity

Failure to exercise regularly results in poor muscle tone, decreased strength, and loss of bone mass and flexibility. All contribute to falls and the severity of injury due to falls.

Factor #3: Impaired Vision

Age-related vision diseases can increase the risk of falling. Cataracts and glaucoma alter older people's depth perception, visual acuity, peripheral vision and susceptibility to glare. These limitations hinder their ability to safely negotiate their environment, whether it be in their own home or in a shopping mall. Young people use visual cues to perceive an imminent fall and take corrective action. Older adults with visual impairments do not have this advantage to the same extent.

Factor #4: Medications

Sedatives, anti-depressants, and anti-psychotic drugs can contribute to falls by reducing mental alertness, worsening balance and gait, and causing drops in systolic blood pressure while standing. Additionally, people taking multiple medications are at greater risk of falling.

Factor #5: Environmental Hazards

At least one-third of all falls in the elderly involve environmental hazards in the home. The most common hazard for falls is tripping over objects on the floor. Other factors include poor lighting, loose rugs, lack of grab bars or poorly located/mounted grab bars, and unsteady furniture.

Next time we will list preventive measures for these factors.



I wish you Health...

So you may enjoy each day in comfort.

I wish you the Love of friends and family...

And Peace within your heart.

I wish you the Beauty of nature...

That you may enjoy the work of God.

I wish you Wisdom to choose priorities...

For those things that really matter in life.

I wish you Generosity so you may share...

All good things that come to you.

I wish you Happiness and Joy...

And Blessings for the New Year.

I wish you the best of everything...

That you so well deserve.

Author Unknown

Enjoy a happy and healthy 2012!

Regards,

Richard J. Blecker