

Employee of the Month - Beverly Y.

Beverly accepting the Employee of the Month Certificate and the \$100 gift card from Dina, Staff Corridorator.



Beverly Y. has worked for Seniors In Place since September, 2008. In that time she has worked for eleven different clients. Beverly has always been a reliable, dependable and responsible caregiver. It is interesting that the testimonial below describes her as someone with exceptional patience, maturity and fortitude. Please read this testimonial and I know you will agree that our choice for "Employee of the Month" is well founded. Congratulations Beverly. We are so fortunate to have you as part of our family!

Testimonial

Dear Mia,

I would like to take this opportunity to commend Beverly, the caregiver for my mom, Frances W. Handling mom has, at times, been exceptionally difficult. Mom's reduced vision, hearing and strength have been further compounded by stubborn attitude, fading cognitive skills and what appears to be a form of dementia that manifests itself as delusions. Under these conditions, a semi-mobile patient that sleeps at odd hours creates unusual burdens and pressures on the caregiver. Only someone with exceptional patience, maturity and fortitude can bear up under such 24x7 pressure.

Under all this, Beverly has excelled, maintaining an even-keeled disposition and diligent care. Over the past months, we've seen further deterioration exacerbating the challenges. Yet, Beverly continues to amaze me. She is making a world of difference, yet receives little sense of appreciation from the person who provides her with unending chores. Beverly is to be commended for her fortitude, excellent service and exceptional heart. We are fortunate to have been blessed with her during these difficult times and as is Seniors In Place to have her as an employee. Thanks also for your guidance and assistance during this period.

Sincerely,
Thomas M.

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



July 4 Independence Day

Contact/Emergency Information

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



Newsletter July 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 the President



The thought that always comes to mind at this time of the year is how fortunate we are to be living in this country. I had an uncle who survived the concentration camps. I once heard him say to someone that in this country, “You can work one job, you can work two jobs, you can even work three jobs. You can pull yourself up by the bootstraps and make something of yourself!” He ended this dissertation with, “Here you have the opportunity to be a success.” I have never forgotten that conversation. It is interesting how our life experiences define us as we get older. Today, I can look back over my life and connect the dots and see what I have learned to get me to where I am today. From a child from meager beginnings who slept in the kitchen of a small apartment, who worked my way through college, and worked hard all my life, I can attest to my uncle’s words.

As we celebrate the month of July, and Independence Day in particular, we should all give thanks for the wonderful country in which we live. Let us be thankful for what we have and where we live and let us say “God Bless America.”

Have a Great Summer,

Regards,

Richard J. Blecker

Nutrition for Women



Good nutrition starts with the basics: a well-rounded diet consisting of whole grains, fresh fruits and vegetables, healthy fats, and lean sources of protein. These kinds of foods provide women with plenty of energy, the means

for lifelong weight control, and the key ingredients for looking and feeling great at any age.

Top diet and nutrition tips for women

- Focus on whole, plant-based foods.
- Bone up on calcium.
- Don’t eat too much protein.
- Make sure you get enough iron.
- Cut back on alcohol and caffeine.

Eating to control cravings and boost energy

Your diet has a major effect on your food cravings, your stress levels and your energy throughout the day. By making smart food choices and developing healthy eating habits, you’ll find it much easier to stay slim, control cravings, and feel energetic all day long.

- Eat breakfast.
- Eat regularly.
- Cut the junk.
- Focus on complex carbohydrates.

Get plenty of good carbs

You may think that the key to losing weight or avoiding weight gain is cutting your carbohydrates. But carbs, like fats, are a vital part of a healthy diet. They give you the fuel you need to get through your day, fight fatigue, and stay feeling full. The key is to choose the right kinds of carbohydrates.

Complex vs. simple carbohydrates:

Complex carbohydrates:

- Leave you full and satisfied.
- Are packed with nutrients.
- Provides long-lasting energy.



Simple carbohydrates:

- Leave you hungry for more.
- Are mostly empty calories.
- Provides short-lived energy.

Don’t cut out the fat!

Many women have been led to believe that dietary fat is unhealthy and will contribute to weight gain. But fats are a necessary part of a healthy diet. What really matters are the types of fat you eat.

Women need healthy fats in their diet to look and feel great

- Healthy fats boost your brain power and mood.
- Healthy fats promote healthy pregnancies.
- Healthy fats contribute to lifelong beauty.
- Healthy fats help control cravings.
- Fats lower the glycemic index of foods.
- You need fat in order to absorb certain vitamins.

Choosing healthy fats

Foods rich in healthy fats include:

- olive and canola oil
- olives
- nuts
- fish and seafood
- peanut butter
- avocados

Focus on foods for strong

bones

- **Calcium:** The recommended daily allowance varies from 400 to 1200 mg/day. Good sources of calcium include dairy products, leafy green vegetables, oatmeal and other grains, tofu, cabbage, summer squash, green beans, garlic, and sea vegetables. Calcium is absorbed slowly and your body cannot take in more than 500 mg at any one time.
- **Magnesium:** The recommended daily allowance for magnesium is 500 to 800 mg/day. Calcium can only work when taken in conjunction with magnesium. Good sources of magnesium include leafy green vegetables, summer squash, broccoli, halibut, cucumber, green beans, celery, and a variety of seeds, including pumpkin, sunflower, sesame, and flax seeds.
- **Vitamin D:** Aim for between 400 and 1,000 IU (international units daily). You can get Vitamin D from about half an hour of direct exposure to sunlight, and also from foods and supplements. Salmon is an excellent source of vitamin D. Other good sources include shrimp, vitamin-D fortified milk, cod, and eggs.