

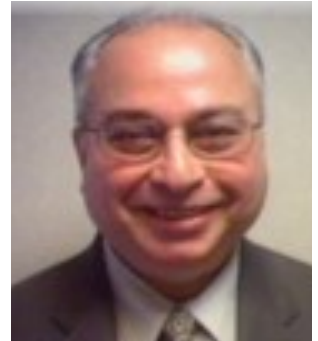
SENIORS IN PLACE, LLC

www.SeniorsInPlace.com

A Family Company
That Cares For You Since 2001



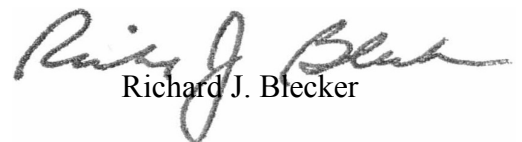
A MESSAGE FROM RICHARD J. BLECKER



Last week, Cole, my eight year old grandson, had a school presentation that I attended as a guest. It involved tracing his family roots through a member of his family, interviewing that person, creating a family tree and presenting his report in front of his class and all the guests who were invited. Cole chose me as his subject. I was able to trace our roots back to my grandmother and grandfather, all six of their children (of which my father was one), their children (of which I am one), their children's children (of which Cole's mother is one), and her children (of which Cole is one).

This entire exercise really brought to light who we are and where we come from. I guess I really have not thought about it much over the past years. It was so nice to see how interested Cole was to learn about the generations that preceded him. It gave him a true sense of pride and belonging. He had many questions: What did people do for a living? Why did they come to America? Where did they live? How many cousins and second cousins does he have?

I had an uncle who when he was in his 90s, sat down in front of a movie camera and told the story of the family from when he was a boy to the present. It is one of my prized possessions. I encourage each of you to go through a similar exercise. Our past experiences validate us as individuals and help our loved ones to set goals and motivate them to achieve great things. It is amazing what we learn about ourselves and it is a legacy for our offspring.



Richard J. Blecker

Inside this issue:

- Message From President
- 🏠 A Letter from Niki
- 🏠 Employee of the Month
- 🏠 Testimonial From a Client
- 🏠 Cholesterol-Keeping it under control
- 🏠 Becoming Employee of the Month
- 🏠 Time Reporting/Imp. Dates

Contact/Emergency Information:

Main: 908-964-6700
Toll Free: 866-703-CARE
Fax: 908-964-6541
Emergency: 908-568-6594

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 letter from Niki

Hello Everybody,

I want to welcome this opportunity to share my personal feelings with all of you.

Although I have worked over 40 years-- almost 24 years in the US-- I have never served in any position that has been so satisfying. Maybe it is because I feel, as a member of the family, that I am doing something that makes families happy!!!! What a great grace!!!!

I, Niki Javidnai, joined the Seniors In Place family, as the Hiring Manger, in April. Although it has not been a long time, I feel I have belonged to this warm and cozy environment for years. The welcoming and friendly atmosphere of this family oriented work place impressed me immediately. No wonder families can trust this family!

My impressions of the WORK environment in the US were completely different before joining Seniors In Place. Having worked for different organizations from a for profit insurance company to non-profit educational systems, from serving in different administrative positions to being a teacher, I never did anything this comforting. What a great feeling at the end of the day-- I am bringing peace of mind to numerous families.

My educational background ended in accomplishing a doctoral degree in Educational Administration. My professional background includes teaching English As A Second Language, Teaching Persian Literature and Language (college level), working for the United nations Educational & Cultural Organization (UNESCO), and serving as the Human Resources Manager in an academic environment. I feel so happy to use my skills and experiences to promote the Seniors In Place's mission.

Niki

Karene M. *~Employee Of The Month~*



**Employee of the Month
Karene M.**

Karene has worked for Seniors In Place since September of 2010. In this short period of time she has distinguished herself as an excellent, caring, loving person. She has always been willing to fill in when we needed her and as the testimonial below says she really possesses compassion and empathy. Congratulations to Karene, our June, 2011 "Employee of the Month".



Karene M. accepting the Employee of the Month certificate and the \$100 gift card from Barbara, RN Nurse Supervisor

Testimonial

Dear Seniors In Place LLC.

Karene is a wonderful caregiver to my mother. Karene's technical skills combined with her understanding of my mother and her needs are notable. Karene is a great source of comfort and safety to my mom.

*Skills are learned. Compassion and empathy are not.
Thank You.*

*All the best,
Ellen L.*

CHOLESTEROL

KEEPING IT UNDER CONTROL

Managing your Cholesterol levels

is key to helping protect your health.

Cholesterol is a fat-like substance

made by the body. It's also found in certain foods. In the body, cholesterol comes in 2 main forms:

- LDL also called "bad cholesterol" which can stick to blood vessel walls.
- HDL also called "good cholesterol" which helps carry extra cholesterol out of the body.

When your **LDL level is high** and/or your **HDL level is low**, it can increase your risk of:

- Heart disease
- Atherosclerosis (Narrowing or blocking of blood vessels).
- Stroke (brain attack).

QUICK TIP

Think of the "L" in LDL as standing for "lower", since less LDL is better.

Think of the "H" in HDL as "higher", since more HDL is better.

There's a lot you can do to help control your cholesterol

and reduce your risk of health problems.

Having a healthy diet and getting regular exercise can help you:

- Lower your total cholesterol and LDL levels
- Raise your HDL level
- Lose weight, if needed (which can also help improve your cholesterol levels).



activity to your life

Choose activities you like.

It can be anything that gets your heart rate up for example:

- Walking
- Swimming
- Playing tennis
- Golfing
- Yard work
- Housecleaning
- Dancing



Eating right

is important for your cholesterol levels and your overall health. A healthy diet combines:

Variety

Different foods provide different vitamins, minerals and nutrients.

Moderation

Limit fats, cholesterol, salt (sodium) and added sugars. Make lean, low-fat or fat-free choices—for example, with milk and meats.

Proportion

For example, have more grains, vegetables and fruits than meats and high-fat foods.

Activity

Find a healthy balance between what you eat and your physical activity.



QUICK TIP

Saturated fat, trans fat and cholesterol in foods can play a big role in raising your cholesterol. Focus on limiting them.

Resources Channing Bete Company



Tips for adding



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 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 In Place caregiver positively affected your life. Please mail letters to 2424 Morris Ave Union, NJ 07083 or Email nominate@seniorsinplace.com



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.

Prompt attention to this matter is greatly appreciated.



Important Dates Reminders



- June 14 Flag Day
- June 19 Fathers Day
- June 21 1st Day of Summer