

Employee of the Month - Belzora P.



Belzora P.

Belzora P. accepting the Employee of the Month Certificate and the \$100 gift card from Niki, Hiring Manager.

Belzora has worked for Seniors In Place for about a year. From the day she started working for us you just knew there was something special about her. Normally I would wait for a caregiver to be with us a little longer before making her "Employee of the Month," but I know after you read the testimonial below you will agree that she is very deserving of this honor. We are very fortunate and very proud to have Belzora as part of our family.

Testimonial

Dear Chad,

Today is Mother's Day, 2012 and my sister and I can enjoy spending the day with our mom thanks to the excellent care provided by Belzora P. affectionately known to all as "Bell."

Bell entered our lives in October, 2011 at a time when our mom's health was steadily progressing downward. Throughout the last 7 months, as the situation has become progressively worse, JoAnn and I can rest assure that our mom is in the best possible hands when Bell is with her. Bell has the strength to encourage our mom to do things she does not want to do, but must to stay alive, such as eat and interact with others.

There are countless people coming to the house throughout the day but Bell seems to organize this well and informs JoAnn and I of all that is going on.

I understand that you have a program called "Employee of the Month" and my sister and I would like to nominate Bell for the honor.

Sincerely,
Mary Lou G.

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

June 14 - Flag Day

June 17 - Father's Day

June 20 - First Day of Summer

Contact/Emergency Information

Main: 973-376-1600 Toll Free: 866-703-CARE

Fax: 973-376-2555 Emergency: 908-568-6594



www.SeniorsInPlace.com







Newsletter June 2012

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Happy Fathers Day



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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



Fathers' Day is celebrated in June and it gives us the opportunity to honor important men in our lives. This month's article is geared toward men and we discuss the 10 foods that boost men's health. All of us would like to think that we are conscientious about what we eat. I try to eat right but quite often the choices that I make are not the right ones. I am sure that many of you face the same struggles with food that I do on a daily basis. We can all make changes to improve our eating habits. Have a happy and healthy June and I hope you enjoy the article.

Regards,

Richard J. Blecker

10 Food to Boost Male Health

Men are different from women in all kinds of ways-- including their nutritional needs. Men need nutrients that can help them maintain muscle mass, prevent prostate cancer, and more.

Here is a list of 10 foods that can be a good start to improving health:

1. **Oysters:** Just a few oysters each day will deliver a full day's supply of the antioxidant mineral zinc. Zinc is involved in hundreds of body processes, from producing DNA to repairing cells.

2. **Bananas:** Bananas are a great portable source of quick energy and are rich in potassium, which is needed to regulate nerves, heartbeat and, especially, blood pressure. Diets rich in potassium and magnesium (which is also found in bananas) can reduce the risk of stroke.

Not a banana fan? Orange juice, milk, tomato products, and beans are other good sources of dietary potassium.

3. **Fatty Fish:** No list of super foods would be complete without the healthy fat, omega-3 fatty acids. These polyunsaturated fats are the preferred form of fats in your diet for many reasons. They can benefit the heart, circulation, and immune system and reduce the risk for prostate cancer, among other things.

Fatty fish (salmon, sardines, tuna, mackerel, herring) are the richest sources of omega 3 fatty acids. In fact, The American Heart Association recommends that everyone eat fish twice weekly.

4. **Broccoli:** Cruciferous vegetables like broccoli are helpful in the prevention of heart disease and cancer. It's loaded with vitamin C, beta-carotene, potassium, and a phytochemical called sulphoraphane, which may have anticancer (prostate and colon) properties.

Don't care for broccoli? Go for other cruciferous choices like cabbage, bok choy, shredded broccoli slaw, cauliflower or brussels sprouts.

5. **Brazil Nuts:** These large nuts from Brazil are packed with magnesium and selenium, powerful antioxidants that may help prevent heart disease and cancer and protect prostate health. (Bauer, however, notes that the studies showing reduction in cancer have been primarily in people whose diets were deficient in selenium, not in those who were already getting enough.)

Selenium also helps lower LDL or "bad" cholesterol and reduces the incidence of blood clots and heart disease.

Grotto recommends adults get 55 micrograms of selenium daily from Brazil nuts, dry-roasted nuts, turkey, tuna, or shellfish. Indeed, you can get your daily dose of selenium in just one Brazil nut. In fact, Bauer cautions limiting yourself to no more than two Brazil nuts per day "they are so loaded and concentrated with selenium that you don't want to overdose."

6. **Whole Grains:** Most men get enough carbs in their diets, but they tend to be the wrong kind, experts say. "A diet rich in whole grains provides fiber, vitamins, minerals-- all the co-factors for heart health, building muscles, and keeping waistlines small," says Gerbstadt.

7. **Plant Stanols:** Stanols are naturally occurring substances in fruits and vegetables that have been shown to lower mildly elevated blood cholesterol levels.

Plant Stanols are added to a variety of products including orange juice, margarine, dark chocolate, granola bars, cheese, bread, soy products, and more.

8. **Soybeans:** The latest research continues to strengthen the fact that isoflavones found in soy foods are beneficial for both the prevention and treatment of prostate cancer in men. According to one study, "eating 25 grams or about 1 ounce of soy protein a day can help decrease cholesterol," Farrell says.

Try to eat a few servings a day of soy products, such as soy nuts, soy milk, soy cheese, veggie burger, tofu, or edamame.

9. **Berries or Cherries:** Berries contain over 4,000 different compounds that have antioxidant properties beyond vitamin C.

"Large studies show the more produce you eat the better, but specifically berries (blackberries, blueberries, strawberries, raspberries, cranberries, and cherries) can enhance brain function and keep your brain healthy," says Bauer.

10. **Red- Orange Vegetables:** Vitamin C and beta-carotene are antioxidants that help preserve healthy skin cells and prevent oxidation from the sun.

Vitamin C is involved in collagen production, Beta-carotene converts to the active form of vitamin A, which helps to repair epithelial or skin cells". Get these nutrients from red bell peppers, carrots, pumpkin, or sweet potatoes.

Next Month—Nutrition for Women