



Employee of the Month

Guerda D.



Guerda D. Guerda D. accepting the Employee of the Month Certificate and \$100 gift card from Chad, Sr. Case Manager.

It is very gratifying to receive a testimonial from one of our clients regarding a caregiver who is relatively new to our organization. Guerda has only been with us since January and has only taken care of a few clients. Please read the letter below that we received from one of our clients and you will see why we have selected Guerda as our June 2013, Employee of the Month. Congratulations, Guerda and keep up the good work!

Testimonial

We thank you for sending Guerda to us. She has, since coming here, done everything we needed and more, with a smile always there.

We really appreciate her efficiency, caring, and character.

Sincerely,

Mr. Joel and Mrs. Shirel L.

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, Ste. 101 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.



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 next pay period. Thank you.

Important Dates Reminder

June 10-16	Men's Health Week
June 12	Wear Blue for Men's Health
June 14	Flag Day
June 16	Father's Day
June 21	First Day of Summer

Contact/Emergency Information

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



Newsletter June 2013

Volume 5, Issue 6



Inside this issue:

- 📌 Message from the President
- 📌 Tips For Men For a Healthy Life
- 📌 Employee of the Month - Guerda D.
- 📌 Becoming Employee of the Month
- 📌 Reporting Hours
- 📌 Important Dates Reminder
- 📌 Contact / Emergency Information

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".



As Father’s Day is in June, we are dedicating this newsletter to all the fathers who are part of our family of employees and clients.

As a father, I take great pride in my children and grandchildren and I cherish every moment I share with them. I am in the unique situation of working with all of my children in this wonderful family business. I am one of the luckiest fathers in the world to be able to build our business with children that I love and that love me.

To all of the fathers who read this newsletter, I wish you a wonderful Father’s Day surrounded by your loved ones as well.

This month’s article is “Tips for Men for a Healthy Life.” We all owe it to ourselves and our families to try to stay as healthy as we can.

I hope you enjoy the article and I wish you all a very healthy, happy and prosperous June.

Regards,

Richard

Richard J. Blecker

Men’s Health

Tips For Men For a Healthy Life

It’s very exciting that our health — and our ability to stay strong and live longer — are not just a matter of our genes or our luck. Here are some things you can do to take charge of your health. You can take these simple steps to support your health, your family, and your future.

- **Eat healthy.** Nutritious foods give you energy and may lower your risk of certain diseases. Focus on fruits and vegetables, whole grains, and low-fat or fat-free milk products. Learn nutrition basics and how to read a food label.



- **Stay at a healthy weight.** Being overweight or obese can raise your risk of diabetes, high blood pressure, heart disease, and stroke. Find out your body mass index, or BMI, to see if you’re at risk. Eat healthy foods, control portion sizes, and be active to keep your weight in check.
- **Get moving.** Regular exercise is one of the most important things you can do for your health. Find out how much physical activity you need.
- **Be smoke-free.** Smoking is linked to many of the leading causes of death, including cancer, lung disease, and stroke. If you smoke, quit today! Also, avoid secondhand smoke.
- **Get routine exams and screenings.** Ask your doctor how often you need to be examined. Ask about screening tests for certain diseases and conditions, including high blood pressure, high cholesterol, diabetes, sexually transmitted infections, and certain types of cancer.



- **Take any medications you need.** Thousands of deaths could be prevented each year by taking medications properly. Make sure to follow your doctor’s instructions for all medications, including those that help control conditions like high blood pressure and diabetes. Learn about medication safety.
- **Avoid heavy drinking.** Heavy drinking can lead to many problems, including high blood pressure, various cancers, psychological problems, and accidents. For men 65 and younger, drinking in moderation means no more than two drinks per day. Men older than 65 should have no more than one drink a day. Find out about drink serving sizes.
- **Manage stress.** Balancing work and family obligations can be challenging. But it’s important to protect your mental and physical health. Find healthy ways to cope with stress.
- **Get enough sleep.** Not getting enough sleep can affect your mood and your health. Try certain changes that can improve your sleep. See your doctor if you think you have a serious problem. Sleep apnea, a common problem in which your breathing stops briefly, can increase the risk of accidents and certain health problems.
- **Know your risks.** Learn how your lifestyle affects your risk of health problems. For example, people who work with certain chemicals need to take protective steps, and men who have sex with men should talk with their doctors about particular concerns. You also should keep track of your family medical history and share it with your doctor.
- **Stay safe.** Safety means many things, like wearing seatbelts and helmets, having working smoke detectors, and following safety rules at work. It also means using condoms, washing your hands, taking care of your teeth, and wearing sunscreen. Take steps to protect yourself and others.