

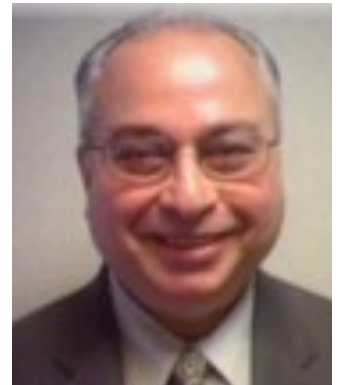
# SENIORS IN PLACE, LLC

www.SeniorsInPlace.com

A Family Company  
That Cares For You Since 2001



A MESSAGE FROM RICHARD J. BLECKER









## Don't Sweat the Little Things

Sunday night, 11:00 PM, my phone rings. I answer to my daughter hysterically crying that her house is on fire. "Daddy come quickly!" I cannot explain the feeling that overcame me. From the brief conversation, I thought my daughter and my two grandchildren were trapped inside a burning house. My wife and I jumped into the car and flew to her house. As I approached the house, black smoke filled the sky. I was petrified. I got out of the car and there was my daughter and my two grandchildren, very shaken up but safe and alive. I looked to the heavens and I thanked God. This could have turned out a lot differently. Material possessions can be replaced; lives cannot.

I'm sure we have all gone through trials and tribulations in our lifetime. I share this experience with all of you because of the impact it has had on my life. I have quickly learned to put things into perspective; what is important in life. I refuse to take things for granted and I have learned the profound lesson that we "Don't Sweat the Little Things." I promise you this experience is life changing. My hope for all us is that we never have to go through something like this.

Please see Mia's letter. It is amazing how everyone rallied behind our family to help. God bless all of you.

**Inside this issue:**

-  Message from President
-  A Letter From Mia
-  Employee of the Month
-  Testimonial for Employee
-  Becoming Employee of the Month
-  Seasonal Allergies

**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 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

*Mia*



To All The People Helping My Family

I am deeply saddened by what has happened to my home and my car, but they can be replaced. However, my children and I and our puppy are alive and healthy. And that, really, is all that matters.

Waking up to a fire in my home was the worst feeling I have ever known and I don't think I am fully feeling it yet. I believe I am still in survival mode. Eventually, I will take the time I need to feel the pain. The thought of losing one of my children runs chills through my bones. I am eternally grateful they are here and I am able to write this letter.

To my amazing family who is always there for me, I love you more than words could ever express.

To all of the people who helped us that night and are helping us move forward from this terrible experience: if you helped put pants on me or socks on my children; if you gave my children a place to be warm and safe and blankets to hold while our home burned; if you're a person I barely knew but have opened your hearts to love us and get us assistance in all respects; if you're a friend from high school that will always love me and be there to hug me when I am down and give me the support I need to help me up; if you're a person that has always been there for me and this is yet another time when I need you more with every breath I take; if you're a great friend who drives me around and lets me use your home to type this letter or meets me with a coffee in your hand just knowing that I need it without being asked; if you're a total stranger that knows me as the single mother on the street with the two cute boys; if you made me food or coffee; if you made an anonymous donation; if you're the little boy who gave my children \$40.00 from your piggybank. Whoever you are, I want you to know that there are no words to express how deeply this resonates in my soul.... I am incredibly thankful to all of you. Please know how generous you all are and how overwhelming your kindness is for my family. This travels so deep into my heart...I am profoundly grateful to all of you...My love and thanks for EVERYTHING!!!!

Please keep us in your prayers for the coming months until we have our home again. We have a long road ahead of us but with all of your love and support we will be fine.

My love to you all,

*Mia*

the lady with the 2 beautiful boys

## Gloria L. ~Employee Of The Month~



Employee of the Month  
Gloria L.

Gloria has worked for Seniors In Place since June, 2010. Our clients rave about her. Chad, a partner of our company got wonderful accolades concerning Gloria. Because she is such a great caregiver, Chad actually recommended her for employee of the month.

Please read Chad's testimonial below:



Gloria L. accepting the Employee of the Month certificate and the \$100 gift card from Richard Blecker.

### Testimonial

Today we have so many extraordinary caregivers that work with us. This month I'd like to personally recognize and thank Gloria L. Gloria consistently goes above and beyond the normal responsibilities of a caregiver. Everyone who meets Gloria has nothing but wonderful things to say about her. Gloria has handled some very difficult cases, and is wonderful at working with seniors who have memory impairments. I'm proud to work with Gloria and to recognize her as "**Employee Of The Month**". Thank you for all of your hard work Gloria.

*Chad Blecker*

**Senior Account Manager**



## How To Become and Nominate 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](mailto:nominate@seniorsinplace.com)



## Time Reporting



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 Date Reminders



- |          |                              |          |                     |
|----------|------------------------------|----------|---------------------|
| March 9  | Ash Wednesday                | March 17 | St. Patrick's       |
| March 13 | Daylight Savings Time Begins | March 20 | First Day of Spring |



# SEASONAL ALLERGIES



## Definition

A seasonal allergy is an allergic reaction to a trigger that is typically only present for part of the year, such as spring or fall. This type of allergy refers to a pollen allergy, such as trees, weeds and grasses. Perennial allergies, on the other hand, are usually present year-round, and include allergens such as pet dander and house dust mite. Molds can be a seasonal or perennial allergy trigger.



## Symptoms

The most common symptoms of seasonal allergies are:

- sneezing
- runny nose
- nasal congestion
- itching of the nose

Not all people experience all of the symptoms of hay fever, and in some people, only one symptom will predominate. It may be difficult to tell the difference between seasonal allergies and the common cold, and only an allergist may be able to tell the difference.

## Specific Allergic Diseases:

- Allergic Conjunctivitis
- Asthma
- Exercise Induced Asthma
- Chronic Cough
- Vocal Cord Dysfunction
- Eczema (Atopic Dermatitis)
- Urticaria and Angioedema (Hives and Swelling)
- Contact Dermatitis
- Sinusitis

## What Causes Spring Allergies?

Spring allergies are a result of pollen from trees, which can start pollinating anytime from January to April, depending on the climate and location. Trees that are known to cause severe allergies include oak, olive, elm, birch, ash, hickory, poplar, sycamore, maple, cypress and walnut.

Airborne pollen is the most common cause of seasonal allergies.



## How Does Pollen Cause Seasonal Allergies?

Pollens are tiny, egg-shaped powdery grains released from flowering plants, which are carried by the wind or insects and serve to cross-pollinate other plants of the same type for reproductive purposes. When pollen is present in the air, it can land in a person's eyes, nose, lungs and skin to set up an allergic reaction.

Pollens that are spread by the wind are usually the main cause of seasonal allergies, while pollens that rely on insects (such as the honeybee) to be carried to other plants do not. Most plants with bright, vibrant flowers (such as roses) are insect-pollinated and do not generally cause seasonal allergies since the pollen is not usually present in the air.

Pollen can travel long distances and the levels in the air can vary from day to day. The pollen level can be quite different in various areas of a particular city or region. Levels of pollen tend to be highest from early morning to mid-morning, from 5AM to 10AM. Avoidance of pollen can be difficult, but is theoretically possible.

## How Can I Avoid Pollen Exposure?

Unlike avoidance of pet dander and dust mites, it is more difficult to avoid exposure to pollen, since it is present in the outdoor air.

### Here are some tips to minimize pollen exposure:

- Keep windows closed prevent pollen from drifting into your home.
- Minimize early morning activity when pollen is usually emitted -- between 5-10 a.m.
- Keep your car windows closed when traveling.
- Stay indoors when the pollen count is reported to be high, and on windy days when pollen may be present in higher amounts in the air.
- Take a vacation during the height of the pollen season to a more pollen-free area, such as the beach or sea.
- Avoid mowing the lawn and freshly cut grass.
- Machine-dry bedding and clothing. Pollen may collect in laundry if it is hung outside to dry.

Reference

\*American Academy of Allergy, Asthma and Immunology. Accessed November 26, 2010

# SEASONAL ALLERGIES

B T T Z C O U G H I N G Z M H  
T Z R W E E D S O I Y R U N Y  
N A S T H M A A I A N D S Z H  
E G N I Z E E N S D P I K N A  
L L Q J W N Q S F Q T F U O Y  
L A S G R A S S D I X D D I G  
O W O M O D N R S L A E P T R  
P N A I J Q U U E N G Y Z S E  
A M E Z C E N S D W P Z I E L  
I O T G D I R E T K O V S G L  
J W Q Z S Y R B B M T L Z N A  
R E V E F Y A H H U I R F O V  
X R B M O L D N W A H T E C C  
H F K X Y Z N W V P H W E E V  
J Y I I Y C M A R C H M T Y S

**ALLERGY**  
**ASTHMA**  
**CONGESTION**  
**COUGHING**  
**DANDER**  
**DUSTMITE**  
**ECZEMA**  
**FLOWERS**  
**GRASS**

**HAYFEVER**  
**LAWNMOWER**  
**MARCH**  
**MOLD**  
**POLLEN**  
**SINUSITIS**  
**SNEEZING**  
**TREES**  
**WEEDS**