

**Employee of the Month
Robin C.**



Employee of the Month
Robin C.



Robin C. accepting the
Employee of the Month
certificate and the \$100 gift
card from Niki, Hiring Manager

Robin C. has been with Seniors In Place since November, 2010. Robin is one of those special caregivers who goes the extra mile to take care of her client and to also help anyone else who needs help. Read the enclosed testimonial about Robin and you will easily see why we have chosen her to be our March "Caregiver of the Month." Congratulations Robin! We think you're great.

Testimonial

I am a resident at Brighton Gardens where I witnessed Robin C. perform her professional duties, not only does she care for her stewards physical needs, she also sees to it that their dietary needs are more than adequately met. Robin often dresses in an innovative fashion which catches our eye. Her keen sense of humor keeps all of us captivated! She always goes a step beyond. She is one of the most sensitive, sincere and caring women that I have ever had the pleasure to know. I hope she goes on to be a supervisor and beyond.

Sincerely,

Mary B.

**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

March 11 Daylight Savings Time Begins

March 17 St. Patrick's Day

March 20 First Day of Spring

Contact/Emergency Information

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



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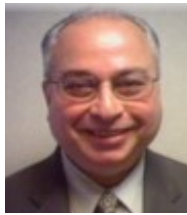
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Mission Statement:

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



March is a feel good month. Spring arrives this month. With the mild winter we have had one can practically smell the nice weather approaching. We will be placing our clocks ahead this month and our daylight is about to get longer. March is also National Nutrition month, a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. Many of us are guilty of eating the wrong foods and perhaps not exercising enough. Let us all make a concerted effort this month to make better choices concerning our diet and exercise. To get us started this month's article is about the benefits of green tea. I hope you find it interesting. Let's "March" forward toward better health. Have a great month.

Regards,

Richard J. Blecker



Benefits of Green Tea

Green tea was discovered by the Chinese over 4000 years ago. It is used for its medicinal herbal power. Its leaves are not oxidized but they are steamed to preserve its nutrition, therefore there are many green tea benefits to human health.

Here are the most important benefits of green tea.



- It is believed to have polyphenols which help burn calories.
- Its leaves contain EGCG which helps the body to fight the cancer cells and does not allow them to enter the body.
- It also minimizes the risk of strokes in the body.
- Green tea has satisfying effects on hypertension and cholesterol.
- One of its ingredients Catechine helps destroy bacteria which causes food poisoning.
- It also helps in suppressing appetite.
- It is also believed that it is very beneficial for oral hygiene.
- It is accepted that green tea is quite healthy for the heart.
- It is believed to work well in improving the functioning of the immune system.
- Green tea is fabulous for diet conscious people.
- Ingredients of green tea help increase the rate of burning of fat and calories.
- Some substances that are found in green tea modify the utility of norepinephrine, a kind of hormone.

- It is understood that green tea helps prevent rheumatoid arthritis.
- Another of green tea benefits is that it helps you in knowing when your stomach is full so there is no need to over eat.
- Green tea increases your stamina and increases energy. It helps you to do more work.
- It is used for generations for solving problems of indigestion or depression.
- Green tea benefits your health by removing free radicals.
- It is working miracles for diabetes and blood pressure problems.
- It is also reported that it cures many skin related problems.

Green tea is now the 2nd most popular drink consumed worldwide after water. It has many beneficial roles which have made it very common among individuals.

