



Employee of The Month

Deidre H.



Deidre H.

Deidre accepting the Employee of the Month Certificate and Gift Card from Adam Blecker, Ex. VP.

Deidre H. has worked for Seniors In Place since last year and has proven to be such a wonderful member of our family. Not only is Deidre always willing to help out with a case but everyone that she works for comments about how wonderful she is and how much they love her. Deidre has worked for twelve different clients. Please read Chad's testimonial below. It is easy to see why we are so proud of her.

Testimonial

First of all, I would like to say "Thank You" to all of our caregivers for all of their hard work and dedication. This month I'd like to recognize and thank Deidre H. for always going above and beyond the normal responsibilities of a caregiver. Deidre is compassionate, dependable, and a responsible caregiver. I am proud to work with Deidre and recognize her as our

"March 2013 Employee of the Month"

Congratulations Deidre!

Chad Blecker

Senior Account Manager

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.



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 next pay period. Thank you.

Important Dates Reminder

March 10	Daylight Savings Time Begins
March 17	St. Patrick's Day
March 20	First Day of Spring
March 24	Palm Sunday
March 29	Good Friday
March 31	Easter Sunday

Contact/Emergency Information

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



Newsletter March 2013

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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



I pride myself, my family and my team on our ability to provide for our community. I can honestly say that I believe we are the best at what we do. We prove this every day with our caregivers, case managers, office staff and registered nurses' interactions with our clients. Our feedback is very positive and our clients love working with us.

Last billing period we sent everyone our “Help A Family, *Help A Family*” appreciation certificate. One of our best resources for developing new business is you, our clients. There is nothing more powerful than a satisfied client recommending us because of the great job that we do. We want to let you know how much we appreciate your testimonials, recommendations and support. As such, we introduced our appreciation certificate to say, “thank you.” If you recommend someone who becomes our client, we are going to give that client \$100.00 off their first invoice. In addition, when we receive the certificate from them we will credit your account with \$100.00 also. It’s a great way to say thank you, it’s a great way to grow our business and it’s a great way for you to “Help A Family.”

I wish everyone a happy and healthy March.

Regards,

Richard J. Blecker

“Eat Right, Your Way, Every Day”

Balancing Calories to Manage Weight

The first step is to focus on balancing calories with physical activity and consuming an overall healthy eating pattern. This will put you on the road to achieving or maintaining a healthy weight and reducing the risk of developing diet-related chronic diseases.

Dietary Guidelines recommend shifting eating patterns to eat more of some foods and nutrients and less of others. A healthy eating pattern will allow you to meet the recommendations while staying within your calorie needs.

Foods and Nutrients to Increase

- **Whole grains:** Increase whole grains by choosing whole grain breads and cereals, brown rice and whole wheat pasta. Make at least half your grain servings whole grains.
- **Vegetables:** Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Most adults need 2 ½ cups of vegetables per day.
- **Fruits:** Add fruit to meals and snacks—fresh, frozen or canned—to get about 2 cups each day.
- **Low-fat or fat free milk, yogurt and cheese or fortified soy beverages:** Include 3 cups per day for calcium, vitamin D, protein and potassium. Lactose-free milk is also an option.
- **Vegetable oils such as canola, corn, olive, peanut and soybean:** These are high in monounsaturated and polyunsaturated fats. Use in moderate amounts in place of solid fats.
- **Seafood:** Include a variety of seafood more often in place of some meat and poultry.



Foods and Food Components to Reduce

More than one-third of all calories consumed by Americans are solid fats and added sugars.

The *Dietary Guidelines* recommend eating less:

- Added sugars
- Solid fats, including trans fats
- Refined grains
- Sodium

Sodium

The recommendation for sodium remains the same—no more than 2,300 milligrams of sodium—for most people. However, a reduction to 1,500 milligrams per day is recommended for people over age 51, African-Americans and those with a history of high blood pressure, chronic kidney disease and diabetes.

Fats

For optimal health, most people should reduce their intake of solid fats and trans fat by replacing them with monounsaturated and polyunsaturated fats.

Solid fats are found in fatty animal-based foods such as well-marbled meat, poultry skin, bacon, fat is found in foods made with vegetable oils that have been partially hydrogenated such as cookies, donuts, pastries and crackers.

Most fats should be polyunsaturated or monounsaturated such as liquid vegetable oils like canola, olive, corn, peanut and soybean. Plant-based foods like nuts, seeds, olives and avocados also contain these healthy fats.