

SENIORS AT HOME, LLC

A Family Company
That Cares

Est. 2001

www.SeniorsAtHome.net

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908-964-6700 Toll Free: 866-703-CARE Fax: 908-964-6541



A Message From Richard J. Blecker President



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May 9th is Mother's Day. I decided to research this holiday and share some thoughts with you. In 1912, Anna Jarvis trademarked the phrases "second Sunday in May" and "Mother's Day", and created the Mother's Day International Association.

This is also the spelling used by U.S. President Woodrow Wilson in the law making in the U.S., by the U.S. Congress on bills, and by other U.S. presidents on their declarations.

In my lifetime I've had many women in my life who were like mothers to me. I have had many aunts who were surrogate mothers to me as well as my sister. My wife's mother always considered me a son, not a son-in-law. For me "Mothers' Day" is plural possessive.

My challenge to all of you is to take a moment and think about the wonderful women in your life. For each of you, is this day singular possessive (one mother) or plural possessive (more than one mother)? Either way, I wish you all the very best on this special day. Let us all celebrate the special mothers in our lives.

Contact/Emergency information:

Main #: 908-964-6700

Toll Free #: 866-703-CARE

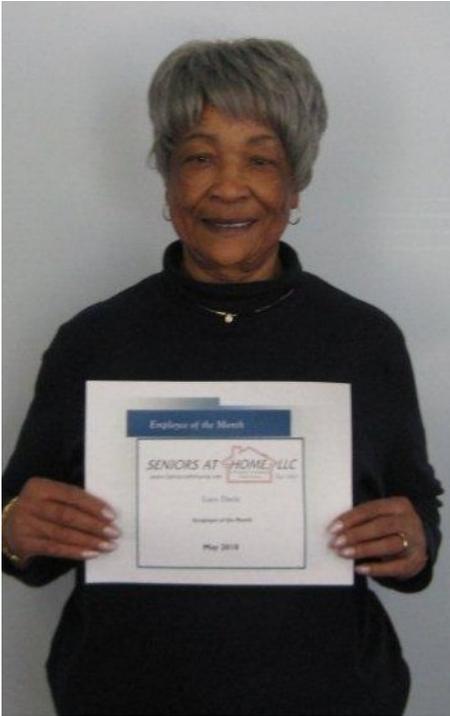
Fax #: 908-964-6541

Emergency #: 908-568-6594

Mission Statement:

Seniors At Home's mission is to provide our aging population with the very best companion 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".

Lucy D. ~Employee Of The Month~



**Employee of the Month
Lucy D.**

Lucy has been with Seniors At Home since June 2003. Over our long relationship Lucy has worked for many of our clients. This is not the first letter of recommendation that I have received concerning Lucy. All of the seniors that she has worked for love Lucy. In another letter of recommendation they said "Lucy was always very honest, dependable and friendly".

It was very meaningful for me to present Lucy with her Seniors At Home certificate and gift card. There is a very special place in my heart for Lucy. I'm very proud to make Lucy our "Employee of the Month" and thank her for all her loyal years of excellent service.



Lucy D. accepting the award and the \$100 gift card from Richard Blecker.

Testimonial from Phyllis K.

Dear Seniors at Home,

I want to thank you for sending Lucy D. into my life. She has taken wonderful care of me. I had an operation for throat cancer and as a result I am unable to eat food as a normal person. Everything I eat is very limited & has to be pureed. Lucy takes wonderful care of me and makes sure I eat well.

P.S since I'm a widow and live alone she's also good company for me and makes my life bearable. I hope you take all these good things in consideration when you give out your awards.

*Thank You,
Phyllis K.*



How To Become and Nominate Employee of the Month

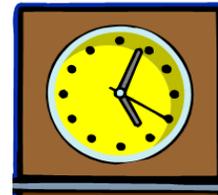


So many of our caregivers are worthy of becoming *Employee of the Month*. Many of you have been with Seniors At Home, LLC for years and have done an outstanding job. We have begun this program to honor employees who go above and beyond the call of duty. Only one employee can be *Employee of the Month* 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 at Home caregiver positively affected your life. Please mail letters to 2424 Morris Ave Union, NJ 07083 or email them to nominate@seniorsathome.net.



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



May 9th Mothers Day

May 15th Armed Forces Day

May 31st Memorial Day



A Letter from Dina Lopez Staff Coordinator

On a daily basis I speak to and meet some of the most amazing people around. I feel very privileged to have this opportunity to work with as many people as I do. I try to get to know the clients, their families, and our caregivers. This allows me to have a relationship with everyone, including, the voice on the other end of the phone.

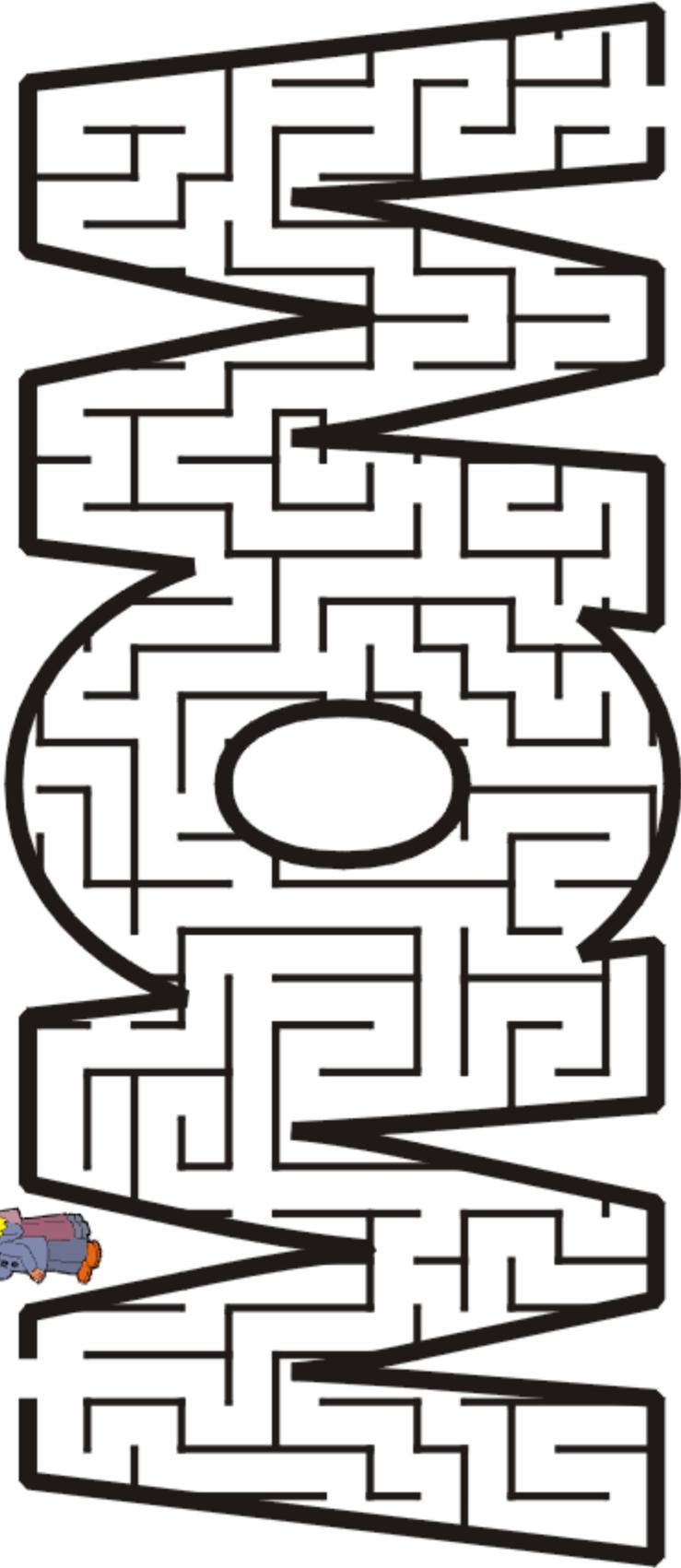
As Staff Coordinator, it is my responsibility to make sure that our client and families are happy. I almost feel like I am a “match-maker”. When our care managers give me a client profile, I have to match their personality and needs with one of our caregivers.

As part of our hiring process, I am responsible for finding the best. I guess you can say the pressure is on. But I take every day as a challenge. I do my best, and I always try to please everyone. I would like to remind our caregivers that we are all part of the same team. We all must work together in order to achieve success. If you feel like you have a problem with your day-to-day situation, let me know. That is why I am here. I am available 24 hours a day, 7 days a week. I answer all calls, no matter how insignificant you may think your problem is. Run it by me. I always have a listening ear.

Finally and foremost, I would like to thank all of our wonderful caregivers for all that you do to keep all of our clients and their families happy, safe, and independent. You all do an outstanding job. I am very grateful to have you all as a part of the Seniors At Home, LLC. team.

Dina Lopez

Help the mother and baby find their way through the MOM shaped maze to find the missing rattle.



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Preventing Slips & Falls in the Home

Slips and Falls in the home are a serious matter!

They can result in:

Major injuries— these include fractures of the hips and other bones

Medical Complications— If long term bed rest is needed after a fall the person may develop:

- Pressure ulcers
- Joint problems
- Pneumonia- a serious lung infection

Slips and falls can lead to other problems, too

A loss of independence—from not being able to get around. Injuries may leave a person unable to manage everyday living without help.

Depression— feeling of helplessness and loss of interest in life.

Who is at risk of falling?

Anyone can fall at home. But certain things put people at higher risk. For example:

Poor eyesight or hearing

this conditions may keep people from seeing or hearing a hazard.

Balance Problems

These may be the result of:

- Head injuries
- Infections or other disturbances in the inner ear and brain
- Vision problems
- Dizziness from standing up too fast

Movement Difficulties or numbness in the limbs:

This can be from arthritis, multiple sclerosis, diabetes, stroke, other conditions or recent surgery.

Use of medications

Medications can sometimes affect judgment, coordination and balance. Tranquilizers can slow reflects. The more medications people use, the greater their risk of falling. Alcohol use can also increase the risk.

Depression or stress

These often make people preoccupied and less alert to dangers

How safe is your home?

Lighting

- ◇ Is there plenty of light in every room?
- ◇ Is there a flashlight by your bed and in other rooms?
- ◇ Are stairs and hallways lit?

Flooring

- ◇ Are all rugs (including bathroom rugs) tacked down or secured with nonskid pads?
- ◇ Is all carpeting low pile
- ◇ Do you only use no-wax cleaners on floor?
- ◇ Are doorway thresholds less than 1/2 inch thick?

Stairways

- ◇ Are there handrails on both sides of stairways & outside steps?
- ◇ Is there a light switch at the top and bottom of each stairway?
- ◇ Are there non skid treads on the stairs?
- ◇ Are the first and last steps marked with a color strip?

Bathroom

- ◇ Are there grab bars in the tub or shower and by the toilet?
- ◇ Are there nonslip bath strips or mats in the tub or shower?
- ◇ Do you have a bath bench, if needed

Kitchen

- ◇ Are often-used items easy to reach?
- ◇ Do you have a long handled reacher to get things from high shelves?
- ◇ If you must climb, do you use a sturdy one-step stool with side railing?