

SENIORS IN PLACE, LLC

www.SeniorsInPlace.com

A Family Company
That Cares For You Since 2001



A MESSAGE FROM RICHARD J. BLECKER

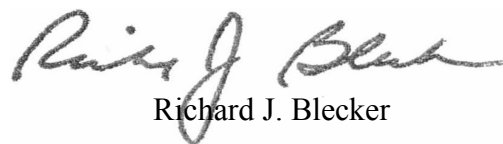


HONOR OUR NURSES

In the fall of 1854 Florence Nightingale and 38 other nurses were dispatched to the Ottoman Empire to the location of the British encampment. There was a shortage of medicine, a disregard for hygiene, and infections were rampant. It was here that Florence Nightingale earned her famous nickname, "The Lady With the Lamp," because even after the rest of the medical staff had retired for the day, she still persisted in making her rounds in the dark.

Today, without exception every nurse we work with shows this same dedication. Every nurse has a certain honesty and integrity that is demonstrated by the care of their patients. In 1974 president Nixon proclaimed National Nurses Week. It begins on May 6th through May 12 which coincides with Florence Nightingales birthday. Please remember your nurses this week and thank them for their dedication.

For us we give special recognition to our own Registered Nurse, Barbara Skinner. In a very short time Barbara has proven that there is no one better at what she does. She is honest and caring and goes the extra mile to assure that our clients are safe and healthy. We are so fortunate to have Barbara working with us. I find it amazing how our business just gets better and better.



Richard J. Blecker

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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'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 letter from Adam

I am very proud and honored to announce several new and exciting developments at Seniors In Place, LLC.

Seniors In Place has just opened a State Approved Certification Course for Home Health Aides. Our ability to offer this course has several key advantages for our caregivers and our clients. First, the course is run by our Seniors In Place Registered Nurses and enables them to overlay their real-world experience with well thought-out classroom instruction that works in tandem with state approved topics. In addition, we control the schedule and are able to offer a class on off-hours to give our caregiver's the opportunity to attend a class that better fits their schedules. Lastly, we are able to offer this course at a very low cost compared to institutes that base their entire revenue model on profiting from such classes. This fits directly inline with our mission to provide the best care, at the best value and to provide the best employment opportunities to our wonderful and growing family of caregivers.

In addition, Seniors In Place will be moving to a larger office in the next few months! We are just waiting until the construction is completed, but when it's all done we will have a wonderful new office and classroom space in which we can run our certification courses, in-services, training sessions and guest speaker events. In addition, our new office space will better accommodate our growing family, including our R.N. Supervisor, R.N. Educator, Staff Coordinator, Hiring Manager, Case Managers, Executive and Office Staff. It takes an entire family of people working day and night to continue to offer our exceptional service. We've been hard at work for you, our clients and employees to provide a community that truly helps people live better lives.

With all my gratitude to my wonderful family of clients, caregivers and employees, I thank you for this opportunity to grow our family business and provide the absolute best care possible.

Best Regards,
Adam Blecker
Director of Business Development

Vanessa M. *~Employee Of The Month~*



**Employee of the Month
Vanessa M.**

Vanessa has worked for us since August of 2009. She has always been available to help out and work with whoever needed her. Actually, she has worked for twenty seniors. Everyone loves Vanessa, not only because she is dependable and reliable but because she is as the testimonial below says, "A trusted companion". Thank you Vanessa for being so exceptional.



Vanessa M. accepting the Employee of the Month certificate and the \$100 gift card from Barbara RN, Nurse Supervisor

Testimonial

Dear Seniors In Place

I am writing to tell you what an outstanding job Vanessa is doing with my parents. My mother has Alzheimer Disease and my sister and I had a very difficult time getting her dressed and out of the house. Vanessa has become her trusted companion and has been taking her out on road trips to all different types of places that my mother really enjoys. This has been great for my mother, also my father has time to rest and do the things he needs to do. In addition, my mother was not eating well, and Vanessa has gotten her to eat by either preparing a meal or sharing a meal she prepared for herself with my mother.

Vanessa is extremely reliable and she has really helped my family tremendously.

Thanks,
Lou N.

A Letter from Barbara

As the months have passed I have had the privilege of supervising some of the most compassionate and dedicated caregivers. I have been working on a program to recognize the hard work our caregivers provide to our clients. To add to our "Employee of The Month" award, Seniors In Place will be incorporating a "Caregiver Appreciation Award". This is a token of appreciation for any caregiver that I meet and has gone above and beyond for their clients or has done something that deserves to be recognized.

The award will consist of a Gift Certificate from Dunkin Donuts to be given to that employee on the spot.

This month the employees who have been recognized are: **Velton , Genelle, Rosemonde, Karene**

Enjoy a treat on us!

Barbara Skinner RN, Nurse Supervisor

Special Recognition

Massa Ricks

Every so often we receive a testimonial that is so over the top that we must share it with everyone. Massa, who was our employee of the month in April of 2010 is so outstanding and so dedicated that Mr. Clark took the time to send us the following letter. In special recognition of her efforts Massa will receive a \$100.00 gift card and a special recognition certificate. Massa, we love you.

FRANK J. PETERPAUL
JAMES B. CLARK
LUANNE M. PETERPAUL
ANTHONY J. PETERPAUL

*Also member of the CT and D.C. Bars

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OF COUNSEL :
JAMES J. COSTELLO, JR.*
LEIGH WALTERS

Seniors in Place
2424 Morris Avenue
Suite 205
Union, New Jersey 07083

April 27, 2011

Dear Sir/Madam:

Re: Massa Ricks

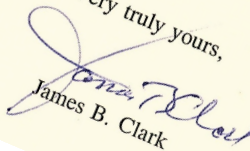
About two years ago I wrote to you and suggested that Massa, who tends to my wife 24 hours a day, be considered as your "employee of the month." You did consider her, designated her "employee of the month" and paid her a stipend for which we are very grateful.

At this point in time I don't know whether it would be appropriate or inappropriate but I would like to suggest that you consider Massa again for "employee of the month." If this is inappropriate, I understand.

The reasons I suggest you consider Massa again are based upon her outstanding care of my wife who has Alzheimers. She cannot speak and does not recognize any of her family members. The only person she responds to with a smile is Massa when she hears her voice. Massa has the patience of Job in feeding my wife her meals each day. She provides a shower for my wife each day, shampoos her hair, brushes her teeth and attends to her personal needs. In addition, Massa is able to curl my wife's hair which she does regularly so that every time I see my wife she looks pretty and the way she always was before she came down with Alzheimers which she has had now for 8 years. Massa is so dedicated to my wife that she rarely takes time off and indeed stays with my wife 24 hours a day. Massa provides outstanding care, a tender and loving relationship with my wife and goes out of her way to make my wife comfortable in every aspect of her life. In my view Massa has to be one of your stars in providing health care to one of your clients. Your consideration of my suggestion is appreciated.

JBC/mlp

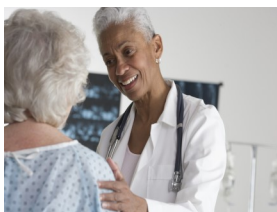
Very truly yours,


James B. Clark

WAYS TO CONTROL HIGH BLOOD PRESSURE

What is high blood pressure (hypertension)?

It's when blood pushes too hard against the walls of blood vessels.



Blood pressure goes up and down.

It's normal for blood pressure to:

- go down when you are resting
- go up when you are exercising.

Blood pressure that stays high is not healthy.

High blood pressure makes the heart work harder than it should. This can lead to health problems, such as:

Heart attack

- Stroke (brain attack)
- Heart disease
- Blindness
- Kidney failure.



There are 2 kinds of risk factors

For developing high blood pressure:

Risks you cannot control

These include:

- Having a family history of high blood pressure
- Being older than 45 if you are a man or 55 if you are a women.

Risks you can control

These include:

- Being a smoker
- Being overweight
- Not getting regular physical activity
- Having a lot of stress for a long time
- eating too much salt.

Quick Tip: There's a lot you can do to help prevent or control high blood pressure!!

Blood pressure readings

Are given as two numbers, one over the other.

Normal

Is when the top number is less than 120 and the bottom number is less than 80.

Prehypertension

Is when the top number is 120 to 139 or the bottom number is 80 to 89. (Prehypertension means you are at risk for high blood pressure.)

Hypertension (High Blood Pressure)

Is when the top number is 140 or greater or the bottom number is 90 or greater.

How is high blood pressure treated?

Treatment for high blood pressure starts with lifestyle changes.

Changes may include:

- Eating healthier foods
- Getting more physical activity
- Quitting smoking
- Managing stress.
- Treatment may also involve medication



Resource Channing Bete company



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 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



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.

Prompt attention to this matter is greatly appreciated.



Important Date Reminders



- May 5 Cinco de Mayo
- May 6 Nurses Appreciation Week
- May 8 Mothers Day
- May 21 Armed Forces Day
- May 30 Memorial Day