

**Employee of the Month**  
**Emelda C.**



Time flies by and I am often so surprised by how long some of our wonderful caregivers have been with Seniors In Place. Emelda C. has been a member of our family since May of 2005. In that period of time she has worked for thirty-three of our clients. In all this time Emelda has always been absolutely reliable and dependable. She does not drive and I cannot recall even one time when she was late for a case. She also has never refused a case. Emelda is a rock, and this recognition has been too long in coming. Congratulations Emelda, and thank you for being you.

**Testimonial**

To Whom It May concern,

Emelda Camacho was my mother's weekend aide (Friday through Monday mornings) for 2 years. She was reliable and kind to my mother and did a good job caring for her.

When the Monday-Friday aide went on vacation, Emelda was kind enough to cover the whole period so my mother would not have to adjust to a new caregiver.

The family is grateful for Emelda's contribution to our mother's care.

Sincerely,  
Susan C.

**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.

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](mailto: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**

**May 13 Mother's Day**

**May 19 Armed Force's Day**

**May 28 Memorial Day**

**May 6- May 12 National Nurses Week**

**Contact/Emergency Information**

**Main: 973-376-1600 Toll Free: 866-703-CARE**

**Fax: 973-376-2555 Emergency: 908-568-6594**



www.SeniorsInPlace.com

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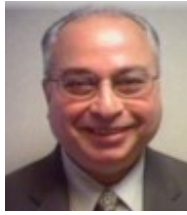
**Inside this issue:**

- 📌 Message from the President
- 📌 How to Sleep Better
- 📌 Employee of the Month - Emelda C.
- 📌 Testimonial from Client
- 📌 Becoming Employee of the Month
- 📌 Reporting Hours & Important Dates

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



This month's article is about ways to improve your sleep. I would like to share my story with everyone with the hope that perhaps there are changes you can make in your life that can actually improve the way you feel and give you more energy. For many years now, I have had a problem with snoring. (sound familiar?) About three years ago, I learned about the sleep studies that were being offered at Saint Barnabas Medical Center in Livingston. Over the years my wife and I never thought I had any problem breathing at night. She observed me while I was asleep and it never appeared that I was having any problem breathing, so we just accepted the fact that some people snore and that this was simply "normal." For 20 years my poor wife could not sleep because of the noise that I would make at night. I bet you did not know that you could go for 20 years without sleep. Just ask my wife. I decided to enroll in this sleep study at the hospital. Guess what? They discovered that I indeed have sleep apnea. In fact my breathing would stop over 100 times an hour. I was getting a terrible night's rest. No wonder I felt tired and my energy level was down. I thought I simply was getting older and this was a result of aging. It was determined that I have sleep apnea. I was prescribed a C-Pap machine which I wear at night and immediately my snoring stopped, I started feeling more energetic, I began waking up fewer times a night and my sleep became much deeper and more restful. I share this story with all of you so that you may also make some changes that will make you feel more energetic and better rested. Please read the enclosed article. Sometimes just slight changes in our routine can help tremendously. Happy May!

Regards,

Richard J. Blecker

## How to Sleep Better

### Tips for Getting a Good Night's Sleep

Do you want to be productive, mentally sharp, emotionally balanced, and full of energy all day long? The way you feel during your waking hours hinges on how well you sleep at night.

The cure to sleep difficulties and daytime fatigue can often be found in your daily routine. Your sleep schedule, bedtime habits, and day-to-day lifestyle choices make an enormous difference in the quality of your nightly rest. The following sleep tips will help you optimize your nightly rest, minimize insomnia, and lay the foundation for all-day energy and peak performance.



### Keep a regular sleep schedule

Getting back in sync with your body's natural sleep-wake cycle-your circadian rhythm is one of the most important strategies for achieving good sleep. If you keep a regular sleep schedule, going

to bed and getting up at the same time each day, you will feel much more refreshed and energized than if you sleep the same number of hours at different times. This holds true even if you alter your sleep schedule by only an hour or two. Consistency is important.

- Set a regular bedtime.
- Wake up at the same time every day.
- Nap to make up for lost sleep.
- Be smart about napping do it in early afternoon, and limit it to thirty minutes.
- Fight after-dinner drowsiness.

### Naturally regulate your sleep-wake cycle

Melatonin is a naturally occurring hormone that helps regulate your sleep-wake cycle. Melatonin production is controlled by light exposure. Your brain should secrete more in the evening, when it's dark, to make you sleepy, and less during the day when it's light and you want to stay awake and alert. However, many aspects of modern life can disrupt your body's natural production of melatonin and with it your sleep-awake cycle.

### Create a relaxing bedtime routine

If you make a consistent effort to relax and unwind before bed, you will sleep easier and more deeply. A peaceful bedtime routine sends a powerful signal to your brain that it's time to wind down and let go of the day's stresses.

### Eat right and get regular exercise

Your daytime eating and exercise habits play a role in how well you sleep. It's particularly important to watch what you put in your body in the hours leading up to your bedtime.

- Stay away from big meals at night.
- Avoid alcohol before bed.
- Cut down on caffeine.
- Avoid drinking too many liquids in the evening.
- Quit smoking.

### Get anxiety and stress in check

Do you find yourself unable to sleep or waking up night after night? Residual stress, worry, and anger from your day can make it very difficult to sleep well. When you wake up or can't get to sleep, take note of what seems to be the recurring theme. That will help you figure out what you need to do to get your stress and anger under control during the day:

If you can't stop yourself from worrying, especially about things outside your control, you need to learn how to manage your thoughts. For example, you can learn to evaluate your worries to see if they're truly realistic and learn to replace irrational fears with more productive thoughts. Even counting sheep is more productive than worrying at bedtime.

### Ways to get back to sleep

It's normal to wake briefly during the night. In fact, a good sleeper won't even remember it. But if you're waking

- Stay out of your head.
- Make relaxation your goal, not sleep.
- Do a quiet, non-stimulating activity.
- Postpone worrying and brainstorming.



### Know when to see a sleep doctor

If you've tried the tips above, but still struggle with sleep problems, you may have a sleep disorder that requires professional treatment. Consider scheduling a visit with a sleep doctor if, despite your best efforts at self-help, you are still troubled by any of the following symptoms:

- Persistent daytime sleepiness or fatigue.
- Loud snoring accompanied by pauses in breathing.
- Difficulty falling asleep or staying asleep.
- Unrefreshing sleep.
- Frequent morning headaches.
- Crawling sensations in your legs or arms at night.
- Inability to move while falling asleep or waking up.
- Physically acting out dreams during sleep.
- Falling asleep at inappropriate times.