



Employee of The Month

Marilyn H.



Marilyn H.

Marilyn H. accepting the Employee of the Month Certificate and \$100 Gift Card from Niki, Hiring Manager.

Marilyn H. has worked for Seniors In Place for many years. She has taken care of ten different clients and has always been very helpful, dependable and caring. As the letter below will attest, Marilyn goes the extra mile and her “positive outlook is infectious”. Great job, Marilyn and congratulations on being our May 2013 Employee of the Month.

Testimonial

Marilyn H. has helped me so much in so many ways. She makes the kitchen and bath sparkle, vacuums and straightens the sofa cover and pillows– all on her own initiative. She takes me to my many doctors, and waits patiently always. My sink has never been so clean, and grocery shopping is no problem ever.

Personal care is done well, but most of all, she has a positive outlook which is infectious.

It's always a good day with her presence.

Eileen K.

P.S. She's a good cook!

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

May 5	Cinco de Mayo
May 6 - 12	Nurse's Week
May 10	Annular Solar Eclipse
May 12 - 18	National Women's Health Week
May 12	Mother's Day
May 18	Armed Force's Day

Contact/Emergency Information

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

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



Newsletter May 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



National Nurses Week begins May 6 and ends on May 12, which is Florence Nightingale's birthday. On behalf of everyone at Seniors In Place, I would like to thank all nurses and our nurses in particular, for being at the bedside of the nursing profession's concerns about current issues, specifically those related to quality of care for our senior population. As all of you are aware, Seniors In Place does not charge for any of our nursing care. Our emphasis on nursing is that our team of nurses gives our clients the very best care possible. We want our seniors to be safe and well taken care of. We are so proud of our nursing staff and the wonderful, caring and professional manner that they exude. You will be receiving this newsletter during National Nurses week. It's a good time to give them a hug and say "Thank you for all your hard work!"

May 12 is also Mother's Day, so let me take this opportunity to wish everyone a very happy and healthy Mother's Day.

On another note, we are already receiving letters from our clients and employees so we can create our "Family Mission Statement." Please take a few minutes to send us your thoughts. It will be wonderful when we put together everyone's input to create this unique "Mission Statement" that you all have contributed to.

Enjoy May,
Regards,

Richard J. Blecker

Healthy Women: Staying Healthy

As You Age

Healthy women can stay that way after menopause. In many cases, healthy women often attribute their healthy aging to things like eating a diet rich in calcium and whole grains, as well as participating in weight-bearing exercise at least three days a week and having regular health checkups. Staying healthy as you age may also involve such lifestyle changes as quitting smoking and limiting alcohol consumption.

Staying Healthy As You Age

- **Be Active.** Try to get at least 30 minutes of physical activity on most days of the week. Try weight-bearing exercises, like walking, running, or dancing.



- **If you smoke, quit.** You can ask your doctor for help with this.
- **Eat healthy foods.** Eat a variety of fruits and dark-green veggies, such as broccoli, kale, and other dark leafy greens. Also try to eat calcium-rich foods and whole-grain cereals, breads, crackers, rice, or pasta. Choose lean meats and poultry, and limit saturated fats and oils.



- **Limit alcohol.** If you drink alcohol, limit your consumption to no more than one drink per day.
- **Control your weight.** Ask your doctor what a healthy weight is for you, and then take the steps necessary to achieve or maintain that weight.



- **Ask your doctor what tests you need.** Have your blood pressure, cholesterol, and blood sugar checked regularly. Get a breast exam and a breast x-ray (mammogram) according to the schedule your doctor recommends.
- **Talk to your doctor about bone health.** Ask your doctor if you're getting enough calcium and vitamin D. Get a bone density test if you're over 65 or if your doctor says that you have a high chance of developing osteoporosis. Ask about taking medicine to help preserve bone and slow down bone loss. It's important to get enough calcium to keep your bones strong. Before menopause, you need about 1,000 mg of calcium per day. After menopause, you need about 1,500 mg per day.