

# 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



### Inside this issue:

-  Message from President
-  Employee of the Month
-  Testimonial for Employee of the Month
-  Becoming Employee of the Month
-  Time Reporting/Imp. Dates
-  A letter from Tracy Wade
-  Infection Control in the Home

During this month of Thanksgiving we all have so much to be thankful for.

Thank you to all our wonderful seniors who we take care of everyday and who respond by sending us testimonial letters about the great job that we do.

Thank you to all our terrific caregivers who get up and go to work every day and give 110% to care for our clients.

Thank you to my wife, Susan, and our three children, Chad, Mia, and Adam who have become the heart and soul of our business. Their sole goal is to provide the best quality care to our seniors, at the best value, with the best caregivers.

Thank you to my dedicated office staff, who stay on top of every situation, both in hiring and delivering our excellent service.

A special thank you to all our men and women in the armed services who keep us safe.

Having a successful business and doing things the right way requires a tremendous effort by our family, office staff, and caregivers. I am thankful to each and every one of you for being in my life and making my life meaningful and rewarding.

### 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".

## Lois Powell ~Employee Of The Month~



**Employee of the Month**  
**Lois P.**

*Lois P. has worked for Seniors At Home, LLC since July of 2008. To know her is to love her. Lois has a great big smile and a warm and comfortable personality. As you can see from the letter below, the family of her client thinks she is terrific.*



**Lois P. accepting the award and the \$100 gift card from Richard Blecker.**

### Testimonial

*Lois P., she has been my mother's caregiver for quite a few years. She is simply wonderful! My mother trusts her implicitly and so do I. She is 100% terrific. I'm thrilled that she is working with my mother. She keeps her going. She keeps her alive!*

*Thank you for Lois....*

*Sincerely,  
Cyrilla M.*



## How To Become and Nominate Employee of the Month



newsletter and have

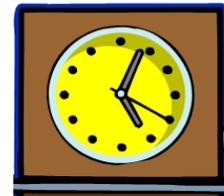
So many of our caregivers are worthy of becoming *Employee of the Month*. Many of you have been with Seniors At Home, LLC for years and have done an outstanding job. We have begun this program to honor employees who go above and beyond the call of duty. Only one employee can be *Employee of the Month* 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

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 [nominate@seniorsathome.net](mailto: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.

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.

If you do not call in your time by the requested deadline, there is the possibility that you will not



## Important Date Reminders



November 2 Election Day

November 7 Daylight-Saving Time

November 11 Veterans Day

November 25 Thanksgivings Day

# A LETTER FROM TRACY WADE HIRING MANAGER



As Hiring Manager of Seniors At Home I have the ongoing opportunity to meet people from different places in the United States and all over the world, as well as right here in New Jersey. Although these potential caregivers have diverse skills, education and backgrounds the individuals ultimately selected to become our employees share several common threads. Just a few simple things stand out among the people we hire, but these simple things are what I believe make the best caregivers.

The majority of our caregivers grew up in a setting in which they played an important role in the care of aging grandparents, parents, an aunt or uncle, or a close family friend. It is second nature for them to assist those who may no longer be able to take care of themselves as they did in their younger years. Helping other people comes naturally to them and many of our caregivers have told me that working with seniors is not “a job”. Instead, it is what they love to do and what makes them happy.

All of our caregivers share an innate respect and compassion for seniors, recognizing them as people who have lived productive lives, held worthwhile jobs, raised families and been caregivers themselves. They enjoy and value the time spent with people who have so many pictures to show and stories to tell. A caregiver told me that spending time with his client helps him keep things in perspective and not become caught up in the day to day stress of life. Another caregiver said she felt that being a part of a senior’s life keeps her focused on what is truly important.

Knowledge and practical experience are job requirements for a Seniors At Home caregiver. However, as Hiring Manager, I am influenced by many things that can’t be taught or put on a piece of paper. Compassion, patience, and respect can’t be measured, but our employees share these qualities. These common threads among such a varied background of skilled caregivers enable us to provide remarkable care for our clients.

# SLIPS, TRIPS AND FALLS.....

## **They can cause major injuries.**

These may include:

- Breaking the hip and bones
- Head injuries
- Death

## **Injuries can lead to other health problems.**

If long-term bed rest is needed, a person may get:

- Pressure ulcers ( “bedsores” )
- Joint problems
- Pneumonia, a serious lung infection

## **Even a minor fall**

Can cause big problems

### • **A loss of Independence**

-Injuries may leave a person unable to manage everyday living without help

### • **Depression**

-A person may feel helpless and lose interest in activities he or she used to enjoy, These feelings can occur due to a fear of falling again

## **Here is how you can reduce risks for most slips, trips and falls:**

### **Is there enough light?**

- Rooms, stairways and hallways are well-lit
- Bedrooms, bathrooms and hallways have night lights

### **Are walking areas clear?**

Make sure:

- Furniture doesn't block walking areas
- Electric cords are out of the way
- You watch out for pets underfoot

## **Is the flooring safe?**

Make Sure:

- Rugs are low-pile and secured with nonskid pads (remove throw rugs)
- You use only no-wax cleaners on floors

## **Is the bathroom safe?**

Make Sure:

- There are grab bars in the tub or shower and by the toilet
- There are nonslip bath strips or a nonslip mat in the tub or shower

## **Is the kitchen safe?**

Make Sure:

- Often –used items are easy to reach
- You use a sturdy one-step stool with side railings, if you must climb to reach higher items

## **Are stairways and steps safe?**

Make sure:

- There are handrails on both sides of stairways and outside steps
- Stairs have nonskid treads
- A colored strip marks the first and last step

## **Consider mobility aids.**

Such as:

- Canes
- Walkers
- Crutches
- Wheelchair or scooter
- Sturdy Shoes