

## Employee of the Month

Mark P.



**Mark P.** *Mark P. accepting the Employee of the Month Certificate and \$100 gift card from Adam Blecker, Exec. V.P.*

Mark P. has been with Seniors In Place, LLC for just over a year. He has worked for five of our special clients. It is really satisfying when we receive a letter like the one below from Mr. & Mrs. W. using words like polite, treats me like a person, wish he could stay all day, helpful in every way possible, look forward to having him here, kind and compassionate. It is letters like this that make our business so gratifying. Congratulations Mark, on being November's Employee of the Month, we are so happy you are part of our family.

### Testimonial

Dear Richard,

*I am so pleased with Mark. He is always polite and treats me like a person instead of a patient. I wish he could stay here all day, but I know his hours are limited with me. He is helpful to me and my wife. He helps us in any and every way possible. We always look forward to having him here with us. He is such a kind and compassionate person. I want to nominate him for the Employee of the Month, because he deserves to be. We are very lucky to have Mark. He is part of our family. I don't know how to fully express my feelings, but I am very thankful to have Mark taking care of me and helping my wife as well.*

*Mr. and Mrs. Herb W.*

## 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](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 11a.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, or your timesheets and labor logs are not received, 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



November 3	Daylight Savings Time Ends
November 5	Election Day
November 11	Veterans Day
November 28	1st Day of Hanukkah-Office Closed
November 28	Thanksgiving Day-Office Closed
November 29	Office Closed

### Contact/Emergency Information

**Main: 973-376-1600 Toll Free: 866-703-CARE**  
**Fax: 973-376-2555 Emergency: 908-568-6594**



## Newsletter November 2013

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### Inside this issue:

- Message from the President
- Giving Thanks Can Make You Happier
- Employee of the Month– Mark P.
- Becoming Employee of the Month
- Reporting Hours
- Important Dates Reminder
- Contact / Emergency Information

### 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.’”*

### Seniors In Place Family Pledge

*We pledge that we will represent Seniors In Place in a professional, caring and loving way.*

*We pledge that we will always put our client's health and safety first.*

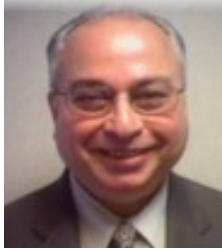
*We pledge to be good listeners and attentive to our client's needs.*

*We pledge to always be responsible and dependable by being punctual and providing the very best quality of care.*

*We pledge that as long as we work for Seniors In Place we will take advantage of educational offerings that make us the best that we can be at what we do.*

*We pledge to always love our work, be kind and compassionate, and enjoy what we do so that our clients feel confident and happy that we are there to assist them.*

# Thanksgiving 2013



My message for the month of November is about giving thanks to our special clients, our wonderful caregivers, our amazing office staff and nurses, the fabulous resources we interact with each day and all of our beloved families. When I was a boy, my family of five was of modest means. We lived in a three room apartment. My bed was in the kitchen. I was a happy young man and I never felt deprived. It was the life that I knew and I was thankful for everything I had. All my life I have strived to be the best that I can be; to attend college, to be a good husband and father and raise my family, to work hard and give my life meaning. I am so thankful for all that I have achieved. Thirteen years ago, I opened Seniors In Place, LLC and it has been one of the most rewarding experiences of my life. My heart is filled with gratitude for everyone I am associated with.

As each of us has our own story, it is important for us to give thanks for what we have, for the wonderful country in which we live and for our loving family and friends. Unfortunately, this is also a time of the year when some people are sad and alone. Please give thanks for what you have by being kind to those who are less fortunate. Let us open our hearts and show how thankful we are with gratitude and kindness.  
Happy November!

Regards,

*Richard*

Richard J. Blecker

Give  
thanks

## Giving Thanks Can Make You Happier

November kicks off the holiday season with high expectations for a cozy and festive time of year. However, for many this time of year is tinged with sadness, anxiety, or depression. Certainly, major depression or a severe anxiety disorder benefits most from professional help. But what about those who just feel lost or overwhelmed or down at this time of year? Research (and common sense) suggests that one aspect of the Thanksgiving season can actually lift the spirits, and it's built right into the holiday — expressing gratitude.



The word gratitude is derived from the Latin word *gratia*, which means grace, graciousness, or gratefulness (depending on the context). In some ways gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power.



## Cont'd,



In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude). Regardless of the inherent or current level of someone's gratitude, it's a quality that individuals can successfully cultivate further.

