

SENIORS AT HOME, LLC
 A Family Company That Cares Est. 2001
 www.SeniorsAtHome.net

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Our Mission



Since 2001, our family has helped thousands of people in our community live better, safer and more fulfilling lives. Our caregivers put their hearts into their work each and every day and our family's commitment over the past nine years has resulted in more jobs and continued growth. Our mission is to provide safe, reliable and affordable care to improve the quality of life for our aging population.

Inside this issue:

Our Mission

A Note From
Richard J. Blecker

Employee of the Month
Gloria Carnegie

How to Become Employee
of the Month

Referral Program - Earn \$50

Alzheimer's Disease



A Note From Richard J. Blecker

I want to create a club. I am going to call it the 110% club. I want everyone who works for me to know that you are all already in my club. Everyone of you works every day and gives 110% to the precious seniors you care for.

Some cases are easy. Some cases are hard. Rarely do I hear anyone complain. I read something recently that I want to share with you. It was an article about good and evil. It said that every person should view the world as being half good and half evil. The article went on to say that by thinking of the world as half good and half evil when you do a good deed you actually tilt the world toward a more meritorious place. Let everyone of my 110% club members (that is you) continue to tilt the world.

Great job everyone.

Richard J. Blecker
 President

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Gloria Carnegie ~ Employee Of The Month



Gloria Carnegie
Employee of the Month
October 2009

Gloria came to work for Seniors At Home, LLC in September of 2007. Wherever we place Gloria she always does an exceptional job. When we placed her in an assisted living facility, the executive director went out of his way to praise Gloria because she not only took care of her resident but would pitch in and assist other residents as well.

Gloria is currently taking care of a difficult case and is always on time and never complains. Her wonderful personality and professional demeanor has earned her Employee of the Month for October and I am delighted that she is part of our family.



Gloria Carnegie receives Employee of the Month certificate and \$100 American Express gift card from Richard

Richard J. Blecker

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 At Home, LLC for many 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 gift card, certificate, will be featured in our monthly newsletter and have their picture displayed in our office.

Referral Program - Earn \$50

We have provided you with \$50 referral cards that you can give to potential clients (these cards are for **new** clients only). On the reverse side of the card is a space for you to write your name. Please write your name clearly on each card.

When you give the card to someone you feel may be able to use our services, they can use the card for \$50 off their first invoice. The client must send the card to us with their first invoice.

When we receive payment for the first invoice from the client that you recommended along with the card, we will send you a \$50 American Express gift card for your use.

Please use good judgment when giving out referral cards. Distribute them when you are having a conversation with someone and feel they will benefit from our services.

We do not want cards to be handed to just anyone. We are sure you can see where this can pose a problem, especially in an assisted living facility.

Thus far, we have received a referral from Beatrice Washington. Beatrice will receive a \$50 American Express gift card resulting from her referral.

Everyone can initiate referrals by talking about us. You can earn extra money and a client can save money as well.

1. Give referral card to potential client.



2. If they use our service and send the referral card with payment, they will receive \$50 off their bill.



3. You will receive a \$50 American Express Gift Card.

Alzheimer's Disease

Periodically, the Alzheimer's Association of the Greater New Jersey Chapter visits our dedicated team here at Seniors At Home, LLC to provide us with information on Alzheimer's Disease. Many of our clients' have Alzheimer's so the following information is informative.

Alzheimer's (AHLZ-high-merz) disease is a progressive brain disorder that gradually destroys a person's memory and ability to learn, reason, make judgments, communicate and carry out daily activities. As Alzheimer's progresses, individuals may also experience changes in personality and behavior, such as anxiety, suspiciousness or agitation, as well as delusions or hallucinations.

Presently, there is no known single cause of Alzheimer's disease, however in the last 15 years researchers have discovered a great deal about factors that may play a role.

The most common form of the illness is late-onset Alzheimer's, which greatly affects individuals over the age of 65. The greatest known risk factors for late-onset Alzheimer's are increasing age and a family history of the disease.

The likelihood of developing late-onset Alzheimer's approximately doubles every five years after age 65. By the age of 85, the risk of developing late-onset Alzheimer's reaches nearly 50 percent. Researchers have so far discovered one gene that increases risk for late-onset of the disease.

Researchers are working to discover other factors that affect Alzheimer's risk. Some of the most preliminary evidence suggests that strategies for general healthy aging may also help reduce the risk of developing Alzheimer's. These measures include controlling blood pressure, weight and cholesterol levels; exercising both body and mind and staying socially active.

Diagnosing Alzheimer's symptoms may vary widely. The first sign that is noticeable is forgetfulness severe enough to affect perfor-

mance at home, at work and in favorite activities.

Sometimes the decline in memory may be more obvious to a family member or close friend than to the affected individual. Other common symptoms include confusion, getting lost in familiar places and difficulty with language. The Alzheimer's Association encourages everyone who notices these symptoms in themselves or someone close to them to consult a physician.

Alzheimer's disease, causes dementia-like behaviors. There are five common symptoms specifically associated with these behaviors and recommended responses according to the Alzheimer's Association.

The primary behavior to look for is aggression. Aggressive behaviors may be verbal for example shouting or name calling or physical such as hitting or pushing. These behaviors can occur suddenly, with no apparent reason, or can result from a frustrating situation. Whatever the case, it is imperative to try not to become angry or upset.

There are several ways to respond to aggressive behavior. Here are some suggestions:

- ◆ Try to identify the immediate cause
- ◆ Focus on feelings
- ◆ Don't get angry or upset
- ◆ Limit distractions
- ◆ Attempt a relaxing activity

The second behavior to look for is anxiety or agitation. The individual may become restless and move around or pace. At times due to anxiety, the individual may become over-reliant on a certain caregiver for attention and direction. This is important to notice.

Suggested methods to use to respond to these behaviors are as follows:

- ◆ Detect the source of frustration
- ◆ Provide reassurance
- ◆ Involve the client in activities

Continued on Page 4

Alzheimer's Disease (continued)

- ◆ Find outlets for the client's energy

The third behavior to look for is confusion. Individuals with Alzheimer's may exhibit confusion by forgetting relationships, call family members or caregivers by other names or become confused about their whereabouts.

They may also forget the purpose of common items, such as a pencil or a spoon. These situations are extremely difficult for caregivers and require much patience and understanding.

Pertinent suggestions to deal with behaviors of confusion are:

- ◆ Remain calm
- ◆ Respond with a brief explanation of confusion
- ◆ Show photos to spark familiarity
- ◆ Offer corrections as suggestions
- ◆ Do not take insults personally

The fourth behavior that determines someone is suffering with Alzheimer's is repetition. For example, the individual may do or say something repetitively.

Ways to respond to this behavior are as follows:

- ◆ Look for a reason behind the repetition
- ◆ Focus on the emotion, not the behavior
- ◆ Turn the action or behavior into an activity
- ◆ Remain calm and be patient

The fifth behavior to expect is suspicion. For example, they may become suspicious of individuals around them, possibly making accusations of theft. At times, the client may also misinterpret what he or she sees and hears.

Effective ways to respond to these behaviors are:

- ◆ Don't take offense and let the person know you **care**
- ◆ Don't argue or try to persuade
- ◆ Offer a brief answer, however keep it simple
- ◆ Switch the clients' focus to another activity

Communication between yourself and the client is

key when building a solid bond of trust. Be aware that Alzheimer's can gradually diminish a client's ability to communicate as well as have increasing difficulty expressing thoughts and emotions.

First and foremost, communicating with a client who has Alzheimer's requires patience and understanding. Be patient and supportive and reassure the client that you are listening to them and trying to understand what is being said.

To best communicate with your clients, following are some helpful suggestions:

- ◆ Identify yourself
- ◆ Call the client by their name
- ◆ Use short, simple words and sentences
- ◆ Talk slowly and clearly
- ◆ Give clear directions
- ◆ Ask one question at a time
- ◆ Patiently wait for a response
- ◆ Repeat information or questions

Caring for our clients with Alzheimer's is challenging but also *rewarding*. Enriching the lives of all of the clients we care for is what we strive for each and every day.

References:

Alzheimer Behaviors [Brochure]. (2005)
Chicago, IL: Alzheimer's Association

Alzheimer Communication [Brochure]. (2005)
Chicago, IL: Alzheimer's Association