

SENIORS AT HOME, LLC

www.SeniorsAtHome.net

A Family Company
That Cares

Est. 2001

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908-964-6700 Toll Free: 866-703-CARE Fax: 908-964-6541



A Message From Richard J. Blecker President



October is a month of discovery. I discovered this Dear Abby letter and thought it worth sharing with both our seniors and our caregivers. This is a very powerful insight concerning dementia.

long time ago, but they may not recall what happened in the last five minutes. Visitors should talk about the "good old days" and everyone will experience a good visit.

Dear Abby: I have been a social worker in two skilled nursing homes for the past six years. I often hear visitors approach patients with dementia and say, "Do you know who I am?" or "Do you know who this is?" It's like giving the person with dementia a test, one which the person will often fail. It would be more effective to approach the person and say, "It is so nice to see you. I am (whoever) and knew you (in whatever circumstances)."

Abby answers: "Because increasing numbers of individuals are being diagnosed with dementia, I hope your suggestion will be taken to heart by my readers."

We are all about helping people. It is the reason we work in this field. Let's all work smarter armed with the knowledge of the above letter. Have a great month.

Persons with dementia do not need to be reminded that they don't recall something. Rather than giving the person with dementia a test when you visit, set up the visit to succeed by making simple introductions.

Remember, people who have dementia can remember things that happened a

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Contact/Emergency information:

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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".

LaVern T. ~Employee Of The Month~



Employee of the Month
LaVern T.

LaVern T. has worked for Seniors At Home since May 2009. She is such a warm, caring individual that she is easy to like. For example, when she came into the office to get her picture taken and pick up her award for “Employee of the Month” she had to wait in the outer office for a few minutes and she straightened all the magazines on the table. As you will read, Liesl has such nice things to say in the letter printed below. We are happy to have LaVern T. working for us and are proud to make her “Employee of the Month”.



LaVern T. accepting the award and the \$100 gift card from Adam Blecker.

Testimonial from

I would like to recommend Ms. La Vern T. for Employee of the month. La Vern takes care of my mom Mrs. Leona D. and has been since the middle of July. I have seen a tremendous difference in my mom's total outlook on life due to the help and loving care that she has received from La Vern. La Vern goes the extra mile when she is dealing with my mom - she has a kind and caring manner, has gotten my mom back on her feet and is making my mom feel more independent than she has been in the last few months. La Vern's kind manners and voice are a soothing guidance for my mom's whole entire outlook on life and her rehabilitation process. My mom has been truly blessed as well as La Vern to have each other to talk to and share stories with as La Vern works with my mom on a daily basis to do basic functions in the home, and a very well planned workout program, Thanks to La Vern!! La Vern should be commended publicly for her compassion and wonderful demeanor as your EMPLOYEE of the MONTH!!

Thank you.

Liesl A., Daughter of Mrs. D.



How To Become and Nominate Employee of the Month



newsletter and have

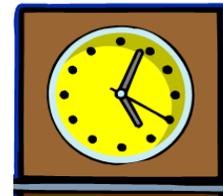
So many of our caregivers are worthy of becoming *Employee of the Month*. Many of you have been with Seniors At Home, LLC for years and have done an outstanding job. We have begun this program to honor employees who go above and beyond the call of duty. Only one employee can be *Employee of the Month*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



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



October 11th Columbus Day

October 13th-16th 64th High Blood Pressure Research Conference In Washington,DC

October 16th National Boss Day

October 31st Halloween

A LETTER FROM CHAD BLECKER

SENIOR ACCOUNT MANAGER



In my professional and personal life I've met many people. The most impressive people that I hold in the highest regard are those who give of themselves to help others. I am very fortunate because I have the privilege and the pleasure to work alongside these very people. I'm talking about all of the Seniors At Home caregivers who give of themselves on a daily basis to enrich the lives of our senior's and their families.

When a family takes their time to meet with me and then makes the decision to allow us into their lives to help someone they love, I know in my heart that we are going to truly enrich the lives of everyone in their family. I manage the cases to the absolute best of my ability but it all comes down to the incredible attention that our caregivers give to our seniors.

A caregiver isn't a person who simply needs a job. They are people who not only perform the tasks to make sure our seniors stay safe, and independent but they become friends and form a bond that transcends through the entire family. When a person has lost their ability to do tasks that once seemed simple and mundane and all of a sudden they have a person in their life that is there to talk to them and help them with the laundry and the cooking and assist them with bathing and cleaning and even walking, it is a very uplifting feeling. I have seen such a difference in many of our seniors who when I originally spoke to them felt helpless and depressed. A few short weeks later that same person has an air of confidence because even though they still have their limitations they have someone they can count on to truly help them. This change in our seniors is the effect of having a wonderful caregiver and friend. As a result of this bond our beloved seniors regain their confidence and independence.

Now imagine the sons and daughters and grandchildren of these special people. They constantly worry

about their mom or dad and they go through such a multifaceted range of emotions as a result of trying to care for their special people. When they can't be there

they worry and feel guilty and when they can be there it becomes more and more difficult to manage their own affairs. The fear not knowing if mom or dad is doing well can truly drain people. All of a sudden mom and dad now have a person, a caregiver that they know is there not only watching over them but helping them live more comfortable lives. It doesn't take long before the families are living a less stressful existence as well. Again this is the result of a caregiver.

I personally want to take this opportunity to say 'thank you' to all the amazing men and women who enrich the lives of our seniors and their families. I know in my heart that when I sit with a family and they ask for help I can say with the utmost confidence "We can help you". It all comes down to one thing, "a caregiver is a very special person".

Thank you for making our company something more than special.

INFECTION CONTROL IN THE HOME.....

What is infection control?

Many patients receive care at home

These include people:

- Recovering from surgery or an illness
- Coping with a long-term illness or condition

Preventing infections can help patients recover more quickly- or stay as healthy as possible.

Infections can be spread in different ways

They can spread:

- To a patient from a caregiver or other source
- To a caregiver from a patient or other source

Some people are at special risk

from infection. That's because their body's natural defense against illness (immune system) is weak. People at special risk include:

- Newborns
- Older Adults
- People with diabetes
- People with HIV infection or AIDS
- People being treated for cancer
- People using catheters

-thin tubes that introduce fluids or medications into the body, or drain unwanted fluids away. The catheter insertion site can give germs easy access.

CAREGIVERS and others in the home may also be at risk, if the person receiving care has a contagious illness, such as hepatitis.

How are infections spread?

All 4 links in the infection chain must be present:

1. A Germ such as a virus, bacterium, fungus or parasite
2. A place for the germ to live and multiply-such as a person, animal, plant, food, soil or water
3. A susceptible host –a person who does not have resistance (immunity) to the germ

4. A way for the germ to enter the host. Different germs may require different routes.

These include:

- Direct contact—when people touch each other, kiss etc
- Indirect contact—when food, water, feces, bandages or other substances contaminated by the germ enter the host
- Droplets—such as those produced by a sneeze or cough
- Other particles carried in the air

Breaking the chain of infection

This may require you to protect the patient and yourself through:

- Behavior and attitudes
- Housekeeping
- Barriers
- Immunizations

Cleanliness is the key!

- Everyone must wash hands with soap and water
- Caregivers must wash hands
- Wash hands properly
- Stock up on cleaning supplies
- Use bleach safely
- Take care of your cleaning supplies

Control infections all through the home

- Provide good ventilation in the home
- Be cautious with pet care
- Clean up body substances

In the bathroom

- Provide liquid soap
- Change towels

Clean tub

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INFECTION CONTROL IN THE HOME.....

In the kitchen

- Store food carefully
- Wash Fruits
- Use separate cutting boards
- Clean the can opener
- Keep work surfaces clean
- Use a clean spoon each time, if you sample food
- Wash dishes and utensils in hot water
- don't share forks, cups, or spoons during meals
- don't pour used mop water down the sink, pour it in a toilet instead

Dispose of contaminated wastes

- Put gloves on before you begin
- Place contaminated “sharps” (needles, razor blades, broken glass, etc) promptly in a puncture-resistant container
- Place other contaminated wastes in a plastic bag, and close tightly.
- Flush liquid and semi-liquid body substances
- Learn local rules on waste disposal

Know the signs and symptoms of infection in the patient. Contact the patient’s health-care provider if the patient has:

- Inflamed skin
- Fever
- Pus
- Nausea
- Persistent diarrhea
- Sore throat cough
- Painful urination

Cleanliness and common sense control infections!

- Understand how infections spread and how you can stop them
- Protect your loved ones and yourself as you provide care
- Encourage good hygiene by everyone