

Employee of the Month
Anisha M.



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Anisha M. accepting the Employee of the Month certificate and the \$100 gift card from Adam, Dir. of Business Development.

Anisha M. has worked for Seniors In Place for a little more than a year. As you read the testimonial below, you will realize the attributes that have made her an absolutely outstanding caregiver for four of our very special clients. Congratulations to Anisha, our Employee of the Month.

Testimonial

Dear Chad,

My Caregiver Anisha M. Should be considered for the Employee of the Month Award for the following reasons:

- ◆ Always on time
- ◆ Friendly disposition
- ◆ Anticipates needs
- ◆ Solves problems independently
- ◆ Establishes a routine
- ◆ Transports me to various appointments
- ◆ Creates a more cheerful climate in our home

Sincerely,
William S.

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 1st Fl. 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 following pay period. Thank You.

Important Dates Reminders

October 7 Yom Kippur
October 10 Columbus Day
October 31 Halloween

Contact/Emergency Information:

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

Newsletter October 2011

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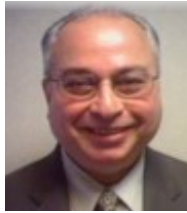
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Mission Statement:

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 Richard J. Blecker

Laugh, Love, Live and be Healthy



The main article in our Newsletter this month is about laughter. I have incorporated laughter and humor into my life for a very long time. I have always believed that one can find humor in any situation. I try not to take myself too seriously and find there is a lot of power in the ability to laugh at myself. People who know me like my sense of humor and at family functions there is always a lot of laughter. For me, laughing with friends and family is the same type of sharing as sitting down to a nice dinner, or having a great conversation. It becomes the glue that binds us together and adds to our quality of life. As we begin this holiday season let's try to have some fun and laughter. Let's enjoy Halloween, Thanksgiving, Christmas, Hanukkah and the New Year celebration. Let's all laugh, love, live and be healthy. Happy October.

Regards,

Richard J. Blecker

Laughter is the Best Medicine

Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. In addition to the domino effect of joy and amusement, laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.



Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.

Laughter is good for your health

- **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- **Laughter triggers the release of endorphins,** the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

The Benefits of Laughter

- Boosts Immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease
- Attracts others to us
- Promotes group bonding
- Enhances teamwork
- Adds joy and zest to life
- Eases anxiety and fear
- Relieves stress
- Improves mood
- Enhances resilience
- Strengthens relationships
- Helps defuse conflict

Laughing with others is more powerful than laughing alone



Shared laughter is one of the most effective tools for keeping relationships fresh and exciting. All emotional sharing builds strong and lasting relationship bonds, but sharing laughter and play adds joy, vitality, and resilience. And humor is a powerful and effective way to heal resentments, disagreements, and hurts. Laughter unites people during difficult times.

Using humor and laughter in relationships allows you to:

- **Be more spontaneous.** Humor gets you out of your head and away from your troubles.
- **Release inhibitions.** Your fear of holding back and holding on are set aside.
- **Express your true feelings.** Deeply felt emotions are allowed to rise to the surface.

Ways to help yourself see the lighter side of life:

- **Laugh at yourself.** Share your embarrassing moments. The best way to take ourselves less seriously is talk about times when we took ourselves too seriously.
- **Attempt to laugh at situations rather than bemoan them.** Look for the humor in a bad situation, the irony and absurdity of life. This will help improve your mood and the mood of those around you.
- **Surround yourself with reminders to lighten up.** Keep a toy on your desk or in your car. Put up a funny poster in your office. Choose a computer screensaver that makes you laugh. Frame photos of you and your family or friends having fun.
- **Keep things in perspective.** Many things in life are beyond our control—particularly the behavior of other people. While you might think taking the weight of the world on your shoulders is admirable, in the long run it's unrealistic, unproductive, unhealthy, and even egotistical.



- **Deal with your stress.** Stress is a major impediment to humor and laughter.
- **Pay attention to children and emulate them.** They are the experts on playing, taking life lightly, and laughing.