

Employee of the Month - Fabienne S.



Fabienne S.



Fabienne accepting the Employee of the Month Certificate and Gift Card from Niki, Hiring Manager.

October's "Employee of the Month" is Fabienne S. Fabienne has worked for Seniors In Place since January, 2010. She has taken care of twelve different clients and everyone has always been very happy with her dedication, caring, and professionalism. Please read the beautiful letter we received from her current client's daughter. Congratulations Fabienne and thank you for being so dedicated, always doing such a great job and for being part of our family.

Testimonial

To Seniors In Place
Regarding Fabienne S.

I spoke with Fabienne the other day, as I do periodically, and was assured that my mom Diane O., at the Sunrise Assisted Living in Westfield, was doing well. I have met Fabienne on several occasions when I have been to NJ to visit and she has seemed very capable and caring. Our mother has been very stable, medically and we appreciate the role your aides have played in her care.

Erin O.

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.

New Seniors In Place Uniforms

Seniors In Place is very excited about the new caregiver uniforms. If you did not receive your uniforms please contact the office.

Thank you!

Contact/Emergency Information

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



Newsletter October 2012

Volume 13, Issue 10



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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 the President



I met a remarkable woman this past month. She is the founder of a non-profit called "Memories Live." Their mission is to help people with life-limiting illnesses preserve their images, stories, and wisdom by creating personalized movies to pass on to their loved ones. As heart wrenching and uncomfortable as this subject is, I find what she does absolutely incredible. Think about how wonderful it would be for you to leave behind a DVD that celebrates your life experiences, preserves your roots and gives family members the chance to look back years later and see parts of themselves in you, creating connections with children and grandchildren for years to come.

This amazing woman's name is Kerry Glass and you can contact her at (646)245-1698 or email her at kerryglass@memorieslive.org. You may also visit her website: www.memorieslive.org. Thanks to donations there is no cost for this service.

Regards,

Richard J. Blecker

Breast Cancer Awareness Month



October is National Breast Cancer Awareness Month (NBCAM), when public service groups, medical professionals, government agencies and others work to promote awareness of the disease. Promoting awareness involves education about prevention and treatments, fundraising efforts to help find cures, and support for survivors and those dealing directly with the disease. Breast cancer is the fifth deadliest form of cancer worldwide, and on the 25th anniversary of NBCAM, the organization that started it wants to remind women everywhere to practice regular breast self-exams and to schedule regular visits and annual mammograms with their health care provider.

Many medical professionals are recognizing that a physically active lifestyle, combined with weight management and a calorie controlled, low-fat diet high in vegetables, fruits, fiber and low in red meat intake are important components to reducing the risk. From the literature it seems that physical activity helps mediate inflammatory chemicals associated with obesity, while diet modification has a positive effect on gonadal hormones, retinoid-like activities of carotenoids, and increases the protective effects of biologically active dietary constituents.

Controlling one's weight seems to be a pressing issue to reduce the risk of developing breast cancer and preventing recurrence in survivors. Strong evidence supports the link between obesity and breast cancer risk. Due to the fact that breast cancer risk is positively associated with body mass index and energy intake, and inversely associated with physical activity, one of the first steps to prevention is attaining an active lifestyle and practicing calorie control within one's diet.

Alcohol intake has also been implicated in elevated risk for breast cancer. It is suggested that heavy alcohol use is associated with increased risk, but so is moderate consumption. Researchers suggest that individuals who consume alcohol at moderate to high levels should increase their folate intake, which seems to mitigate the risk at some level. The inverse association between folate and breast cancer risk was significant among women consuming at least one drink per day.

Researchers also suggest that Vitamins B6 and B12 may provide some benefit as well in premenopausal females, but not for those who are postmenopausal.

Researchers suggest that a physically active lifestyle and a diet rich in fruits and vegetables and high in fiber is the right approach to prevention. Additionally low-fat dairy products seem to offer added benefit. To the contrary, a diet rich in starch, processed foods, and animal fat seems to increase risk and therefore should be appropriately limited in the diet. Key nutrients associated with possible reduced risk include Vitamins A, C, D, and calcium. Vitamins E and B may provide some benefit for diets low in those nutrients, but high intakes have not shown statistical value in decreasing the risk of breast cancer development. Some doctors recommend that breast cancer patients take antioxidant supplements, whereas others do not fully support the recommendation. This being said, among the prospective epidemiologic studies conducted on diet and breast cancer incidence to date, there is no single association that is completely consistent and statistically significant, with the exception of alcohol intake, overweight, and weight gain.

