

# SENIORS AT HOME, LLC

A Family Company  
That Cares

Est. 2001

www.SeniorsAtHome.net

2424 Morris Avenue, Suite 205, Union, NJ 07083  
908-964-6700 Toll Free: 866-703-CARE Fax: 908-964-6541



## A Message From Richard J. Blecker President

### New Beginnings

#### Inside this issue:

-  Message from President
-  Employee of the Month
-  Testimonial for Employee Of The Month
-  Becoming Employee of the Month
-  Time Reporting/Imp. Dates
-  A letter from Adam Blecker
-  What about eating out?

My greatest accomplishments in life, both in business and personal, began with a new beginning. I'm sure that if you think about your life you may realize the same thing. We are entering the month of September which has many beginnings. Right after Labor Day, our children and grandchildren are preparing to start a new year at school. My grandchildren are a little nervous but very ready for a new experience. Our Jewish friends will celebrate Rosh Hashanah (New Year) and Yom Kipper (Day of Atonement) and will begin a year of new challenges. We will all witness the vibrant color changes of the trees as we welcome the beginning of autumn. I enjoy traveling west this time of year just to experience the color changes. My wife and I were both born in September and will be celebrating our 60<sup>th</sup> and 65<sup>th</sup> birthdays. (Wow, the years pass quickly). My wish for all our wonderful caregivers and cherished seniors is that you open your eyes wide and see this wonderful time of the year as a time to be invigorated by new beginnings and personal growth. Let us all make this season a great one.

#### Contact/Emergency information:

Main #: 908-964-6700

Toll Free #: 866-703-CARE

Fax #: 908-964-6541

Emergency #: 908-568-6594

#### 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".

## Glenda A. ~ Employee Of The Month



**Employee of the Month  
Glenda A.**

Glenda A. has only been with Seniors At Home a short time. What I find most interesting about her is that her work ethic is such that in just a few months Norma M. considers her a friend and not just a caregiver (See letter below). I am very proud to have Glenda working for us. Keep up the good work.



**Glenda A. accepting the award  
and the \$100 gift card from Adam  
Blecker.**

## Testimonial from Norma M.

*Dear Chad,*

*I purpose Glenda A. for our employee of the month. She has not only been on time but also kept me on schedule for physical fitness but also had worked on appointments and other errands such as going to the supermarket and also to the drug store.*

*Other people refer to her as my friend and I feel the same way!*

*Sincerely,*

*Norma M.*



## How To Become and Nominate Employee of the Month

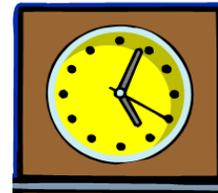


So many of our caregivers are worthy of becoming *Employee of the Month*. Many of you have been with Seniors At Home, LLC for years and have done an outstanding job. We have begun this program to honor employees who go above and beyond the call of duty. Only one employee can be *Employee of the Month*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

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.

Prompt attention to this matter is greatly appreciated.



## Important Date Reminders



September is Go Healthy Month!

Sept 6: Labor Day

Sept 9: Rosh Hashanah

Sept 18: Yom Kippur

Sept 23: First day of Autumn

# A LETTER FROM DINA LOPEZ

## STAFF COORDINATOR



It has been a privilege and a pleasure to work with all of you. My first year as Staff Coordinator has been a great experience. I really got to know all of the caregivers and clients and their families. Our relationship with one another has grown tremendously. I really appreciate the hard work and cooperation you have given us.

I had my first job when I was fourteen. I worked in the kitchen at Burger King. My boss taught me to leave my problems at home, the customers are always right, and service always comes with a smile. When I speak to you by phone or in person, you can see or hear the smile on my face. I've been through a lot this year, but you would never know because I don't let my personal life interfere with my work. And finally, I always hear you out before I respond. I try to understand your problem and work with you to fix it.

I talk to all of you on a regular basis. If you have any problems or concerns, you can call me anytime. I am always here for you, as you have been here for our clients and the Seniors At Home Team.

Again, I would like to thank each and every one of you for all you do to make this team a successful one!

Dina



## WHAT ABOUT EATING OUT?

Good news! If you have heart failure, you can still go out to eat. However, watch what you eat. Food may be high in sodium, especially at fast-food restaurants.

### **Here are some tips you should follow when eating out:**

#### **Find out what types of food are served**

And see if they fit your diet. If a restaurant serves mainly fried food, avoid it.

#### **Ask the restaurant if meals can be cooked to order**

To meet your dietary needs

#### **Choose low-sodium foods**

And avoid dishes that are pickled, smoked, cured or prepared with soy sauce or both.

#### **Order your salad dressing “on the side”**

To help you use less. Or, ask for oil and vinegar dressing which generally contains less sodium.

#### **Order your meal without gravy**

Or cream sauce. They're usually salty.

#### **Choose juice, fruit or vegetables for an appetizer**

Instead of a baked, breaded or fried item.

#### **Select entrees that are roasted, broiled or grilled**

Instead of fried

#### **Stay away from bread and rolls with salty, buttery crusts**

-they may be high in sodium. If you eat them, skip the butter.

#### **The Benefits of Nutrition....**

Chad Blecker, a Seniors Account Manager with “Seniors At Home, LLC” discussed the importance of nutrition and a healthy diet at Juniper Village on Wednesday, July 23rd. He talked about Super Foods that are packed with antioxidants, vitamins and minerals that boost brain power. At the top of the good foods list is blueberries, which are so abundant right now. He also brought samples of dried blueberries which are delicious and available all year around.

Chad had good things to report about nuts and seeds, which are high in Vitamin E. They boost brain function and cognitive decline. Eating about 1/4 cup a day is plenty because of the high in fat content. Salmon is the fish that is on nearly everyone's Super Foods list because of the Omega 3 fatty acids which contain anti-inflammatory substances which aid in blood flow and lowers dementia and stroke risk. Avocados are also packed with good fat and antioxidants and some protein to help lower blood pressure and reduce inflammation.

All kinds of beans should be a part of our diets, as well as whole grain breads and pasta, which offer fiber and the beans help stabilize glucose levels allowing your brain to be better use food for fuel. Coffee and both green and black tea contain antioxidants and some caffeine which dilates blood vessels and increases blood flow to brain to enhance focus.