

Employee of the Month

Vera G.



Employee of the Month
Vera G.

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

Vera has worked for Seniors In Place since 2008. She has been a faithful, loyal and dependable caregiver and has been involved in the care of fifteen different clients. The testimonial below says it all about a special caregiver who goes the extra mile.

Testimonial

Dear Mr. Blecker,

I would like to nominate Vera G for Employee of the Month. Vera has helped my mother for over a year now in her daily needs. She is a willing and caring person who deserves this recognition. Vera always has that sixth sense as to what is needed with mom. She should be considered a valued employee of your company.

Sincerely,

Joy 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. We appreciated

Important Dates Reminders

September 5 Labor Day

September 11 Patriot Day

September 16 Constitution & Citizenship Day

Contact/Emergency Information:

Main: 973-376-1600 Toll Free: 866-703-CARE

Fax: 973-376-2555 Emergency: 908-568-6594

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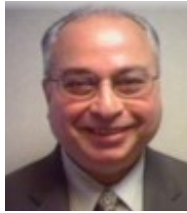
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Mission Statement:

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



Earthquakes, hurricanes, what next?

The past two weeks have really tested all of us. Last week we contacted all of our clients and caregivers to make sure everyone had coverage over the weekend. Our caregivers really rose to the occasion. Even on Saturday our terrific caregivers were still going out to be with clients who did not want to ride out the storm alone. I commend everyone, caregivers and clients alike, who worked together so everyone was safe.

Let me share the following story. Mia had an appointment with a potential client on August 23rd at 2:00 PM. As she was walking up the walkway, Mr. H was standing at the doorway to greet her. Suddenly, the ground started to shake so severely that Mia lost her footing and fell. (She was not hurt.) She got up, brushed herself off, and continued to her meeting. We were hired to care for Mr. H because we were the only company that he met with who “could make the earth move.” I like to feel this way about Seniors In Place. As a family “who cares for you” we are very proud of our accomplishments. Every day we receive accolades from our clients about how wonderful our caregivers are and what a great job they are doing. From the entire Seniors In Place family we extend to all a happy, healthy and wonderful Labor Day weekend. Let’s be safe and continue to make the earth move – together!

Regards,

Richard J. Blecker
Richard J. Blecker

How to Improve Your Memory

Harnessing the power of your brain

They say that you can’t teach an old dog new tricks, but when it comes to the brain, scientists have discovered that this old adage simply isn’t true. The human brain has an astonishing ability to adapt and change—even into old age. This ability is known as *neuroplasticity*. With the right stimulation, your brain can form new neural pathways, alter existing connections, and adapt and react in ever-changing ways.

- ◆ **Don’t skimp on exercise or sleep**
- ◆ **When you exercise the body, you exercise the brain**
- ◆ **Improve your memory by sleeping on it**

Whether you’re studying, working, or trying to juggle life’s many demands, sleep deprivation is a recipe for disaster.

Make time for friends and fun

Countless studies show that a life that’s full of friends and fun comes with cognitive benefits.

Healthy relationships: the ultimate memory booster?

Humans are highly social animals. We’re not meant to thrive, let alone thrive, in isolation. Relationships stimulate our brains—in fact, interacting with others may be the best kind of brain exercise.

Laughter is good for your brain

You’ve heard that laughter is the best medicine, and that holds true for the brain as well as the body. Laughter involves multiple regions across the whole brain.



- ◆ **Laugh at yourself**
- ◆ **When you hear laughter, move toward it**
- ◆ **Spend time with fun, playful people.**
- ◆ **Surround yourself with reminders to lighten up**
- ◆ **Pay attention to children and emulate them.**

The stress-busting, benefits of meditation

Studies show that meditation helps improve many different types of conditions, including depression, anxiety, chronic pain, diabetes, and high blood pressure. Meditation also can improve focus, concentration, creativity, and learning and reasoning skills.

Bulk up on brain-boosting foods

- ◆ **Get your omega-3s**
- ◆ **Limit saturated fat.**
- ◆ **Eat more fruit and vegetables.**
- ◆ **Drink wine (or grape juice) in moderation**

Tips for enhancing your ability to learn and remember

- ◆ **Pay attention**
- ◆ **Involve as many senses as possible**
- ◆ **Relate information to what you already know**
- ◆ **For more complex material, focus on understanding basic ideas**
- ◆ **Rehearse information you’ve already learned**

Give your brain a workout

Memory, like muscular strength, requires you to “use it or lose it.” The more you work out your brain, the better you’ll be able to process and remember information. The best brain exercising activities break your routine and challenge you to use and develop new brain pathways. The activity can be virtually anything, so long as it meets the following three criteria:



- ◆ **It’s new**
- ◆ **It’s challenging**
- ◆ **It’s fun**

For mental energy, choose complex carbohydrates

Just as a racecar needs gas, your brain needs fuel to perform at its best. When you need to be at the top of your mental game, carbohydrates can keep you going. But the type of carb you choose makes all the difference. Carbohydrates fuel your brain, but simple carbs (sugar, white bread, refined grains) give a quick boost followed by an equally rapid crash. For energy that lasts, choose complex carbohydrates such as whole-wheat bread, brown rice, oatmeal, high-fiber cereal, lentils, and whole beans.