

Employee of the Month Elaine B.



Elaine B.



Elaine accepting the
Employee of the Month
Certificate from Lynn N., RN.

What an exceptional person! Elaine B. has been with Seniors In Place for a little over a year and has already distinguished herself as a caring, sensitive and dependable family team member. Elaine is a live-in caregiver and everyone she has worked for had only the nicest things to say about her. Congratulations Elaine on being September's Employee of the Month. We are so lucky to have you as a member of our family.

Testimonial

Rich,

Elaine has shown nothing but exceptional professionalism since she came to us last August. She has cared for some very difficult clients, but she always does her very best. I have only gotten wonderful and kind comments from the families of whom Elaine has come in contact with. Elaine's previous case only lasted 2 days because the client suddenly passed away. Elaine had only known her for that short time. She felt so passionate for her client that she went to her funeral to show respect. She asked me if I thought the family would mind if she went, since she had only known them for a short while. I assured her, the family would greatly appreciate her presence.

Elaine's warm heart and compassion has touched many, including myself. I am gratefully, nominating Elaine B. for Employee of the Month for the month of September. She is outstanding and really deserves this appreciation.

Congratulations, Elaine!!! And thank you for all you do!!!

Thank you,

Dina

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 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.

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, Ste. 101 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 11a.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, or your timesheets and labor logs are not received, there is the possibility that you will not get paid on the scheduled pay date.**

Important Dates Reminder

September 7	Labor Day - Office Closed
September 13	Grandparents Day
September 13	Rosh Hashana Begins at Sundown
September 23	Autumn Begins

Contact/Emergency Information

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

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



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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.'"

Seniors In Place Family Pledge

We pledge that we will represent Seniors In Place in a professional, caring and loving way.

We pledge that we will always put our client's health and safety first.

We pledge to be good listeners and attentive to our client's needs.

We pledge to always be responsible and dependable by being punctual and providing the very best quality of care.

We pledge that as long as we work for Seniors In Place we will take advantage of educational offerings that make us the best that we can be at what we do.

We pledge to always love our work, be kind and compassionate, and enjoy what we do so that our clients feel confident and happy that we are there to assist them.

A Message From the President



Wow! I can't believe how quickly summer has passed. We blink our eyes and time just flies.

This month I will turn 70 years old. When I was a young man I would think of someone who was 70 as old. Now that I am 70 I don't feel old at all. I love getting up every morning, going to work and building our great business with Chad, Mia and Adam, my three fabulous children and all the truly exceptional people I work with every day. Seniors In Place is truly a family company that cares for you.

September is National Cholesterol Education Month. I invite you all to read our article this month on improving Cholesterol levels and improving heart health. Today we have wonderful medications to help us control our Cholesterol levels and the reason it is so important to do so is because we do not want to have a waxy buildup in our arteries that can cause blockages. There are other ways to decrease the levels of Cholesterol in our bodies also, like eating healthy, exercising and quitting smoking. I hope you find the article interesting.

Have a Great September!



Regards,

Richard
Richard J. Blecker

September is National Cholesterol Education Month

Too much cholesterol in the blood is one of the main risk factors for heart disease and stroke—two leading causes of death in the United States. One way to prevent these diseases is to detect high cholesterol and treat it when it is found.

What is cholesterol?

Cholesterol is a waxy, fat-like substance that your body needs. But when you have too much in your blood, it can build up on the walls of your arteries and form blockages. This can lead to heart disease, heart attack, and stroke.

There are two kinds of cholesterol: high-density lipoprotein (HDL) and low-density lipoprotein (LDL). HDL is also called "good" cholesterol. LDL is called "bad" cholesterol. When we talk about high cholesterol, we are talking about "bad" LDL cholesterol.

Seventy-one million American adults have high cholesterol, but only one-third of them have the condition under control. September is National Cholesterol Education Month—a good time to resolve to get your cholesterol screened.

What role does screening play?

Screening is the key to detecting high cholesterol. Because high cholesterol does not have symptoms, many people do not know that their cholesterol is too high. Your doctor can do a simple blood test to check your cholesterol level.

The National Cholesterol Education Program recommends that adults aged 20 years or older have their cholesterol checked every 5 years.

You may need to have your cholesterol checked more often if any of the following statements applies to you:

- Your total cholesterol is 200mg/dl or higher.
- You are a man older than age 45 or a woman older than age 50.
- Your HDL cholesterol is lower than 40mg/dL.
- You have other risk factors for heart factors for heart disease and stroke.

Cont'd

Although the number of people who said they were screened for cholesterol within the previous 5 years increased from 73% to 76% from 2005-2009, only a handful of states have met the 82% Healthy People 2020 objective, and disparities in getting screened persist.

How can you prevent or treat high cholesterol?

Make therapeutic lifestyle changes by:

- **Eating a healthy diet.** Avoid saturated fats and trans fats, which tend to raise cholesterol levels. Other types of fats such as polyunsaturated fats, can actually lower blood cholesterol levels. Eating fiber also can help lower cholesterol.
- **Exercising regularly.** Physical activity can help lower cholesterol. The Surgeon General recommends that adults engage in moderate-intensity exercise for 2 hours and 30 minutes every week.
- **Maintaining a healthy weight.** Being overweight or obese can raise your cholesterol levels. Losing weight can help lower your cholesterol.
- **Not smoking.** If you smoke, quit as soon as possible.

Be sure to follow your doctor's instruction and stay on your medications, if prescribed, to control your cholesterol.



Hi Everyone,

Some of you may or may not know, but we have a Facebook Page! We are going to be sharing with you a ton of great content on in home care and updates on Seniors In Place. We would love your support if you could "Like" us on Facebook.

You can find the link here:
www.Facebook.com/SeniorsInPlace

Be  Healthy