

**Employees of the Month  
Monica Phillips**



**Monica P. accepting her Employee of the Month Certificate and gift card.**

Monica P. has been with Seniors In Place since 2010. In that time, she has cared for 49 of our precious seniors. Monica always goes “above and beyond” as the testimonial below indicates. She has been a loyal and trustworthy member of our family for many years and we are very honored to make her this month’s “Employee of the Month.” Congratulations Monica and thank you for all your loyalty and hard work.

Our family nominates Monica for employee of the Month. Monica lived with our mother in October and November. Monica went above and beyond to be sure Mom used her oxygen appropriately, walked upright, took her medication on time, and helped her keep her house in order. On two occasions, Monica recognized and notified us of serious health issues which led to our mother’s hospitalization. Monica saw symptoms of lung failure and took it upon herself to weigh Mom daily so she could report any unusual weight gain to us. Upon our mother’s passing, Monica insisted that she be the caregiver to stay overnight and come to the funeral services with our Dad, who has dementia, so we could grieve for our mom and know that father was taken care of. Monica really made a difference for our family this fall and especially this month. We are forever grateful.

Thank you. Christine P.



**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 Avenue, Suite 101, Springfield, NJ 07081 or Email: [nominate@seniorsinplace.com](mailto:nominate@seniorsinplace.com)

The Employee of the Month will receive a \$100 American 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.** You may have to wait until the next pay period. Thank you.

**Important Dates Reminder**

- Nov 6th U.S. General Election Day -
- Nov 11th Veteran's Day
- Nov 12th Chicken Soup for the Soul Day
- Nov 13th Caregiver Appreciation Day
- Nov 22nd Thanksgiving Day



**Contact/Emergency Information**

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

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



**Newsletter November 2018**

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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 Chairman



**November 2018**

Every November I like to talk about being thankful for our lives and how we might help others who may not be as fortunate. We all go through hard times and sometimes it is difficult for us to be thankful. In February, I had to deal with some serious health issues. Fortunately, I am doing well. The way I chose to handle all this was to be thankful that I got the help I needed, I'm feeling great and have moved past this very difficult time. All of us face challenges in life. I encourage you to look at the bright side of life rather than dwell on the negative things you may be experiencing. Be thankful and take the opportunity to reach out and help others.

On a more positive note, Seniors In Place has been named Finalist for the 2018 New Jersey Family Business of the Year Award. We are all so honored to have been considered, out of 400 family businesses, for this very prestigious award. We all have so much to be thankful for and we are especially thankful for our precious seniors, wonderful employees, and special resources who recommend us every day.

I wish you all a very happy, healthy and thankful November.

Regards,



Richard J. Blecker



## 5 REASONS WHY GIVING THANKS IS GOOD FOR YOU

On the fourth Thursday of November each year, millions of people in the United States sit down to overflowing tables – a golden stuffed turkey and traditional side dishes at the center of most of them – as they celebrate Thanksgiving.

*Here, five reasons why giving thanks is good for you.*

- **Counting blessings boosts your health.**

Emmons' and McCullough's research showed that grateful people had less depression and stress, lower blood pressure, more energy, and greater optimism.



- **Slow down the aging clock.**

In older adults, Emmons and McCullough found, a daily practice of gratitude even slowed down some of the effects of neurodegeneration that often occurs as we age.



- **Put the brakes on stress.**

Cortisol is often called the "stress hormone," and when our bodies produce too much, it can deplete the immune system and raise blood sugar levels. A study conducted at the Institute of Heart Math Research Center in California found that positive emotions like appreciation significantly lowered levels of cortisol.



- **Being thankful helps you bond.**

Research by U.S. psychologists Sara Algoe and Baldwin Way indicates that gratitude also can lead to better relationships. The explanation may be connected to increased production of oxytocin, sometimes called the "bonding hormone" because it fosters calm and security in relationships.



- **Gratefulness good for the heart and waistline?**

According to research Emmons cites in his book *Gratitude Works!* people with high blood pressure who actively express thankfulness "can achieve up to a 10 percent reduction in systolic blood pressure and decrease their dietary fat intake by up to 20 percent." With Thanksgiving and other food-centered holidays coming up next month, that's a potential benefit to be grateful for all year long.



With benefits like these, maybe we should practice being thankful more than once a year. What else can people do to cultivate more gratitude in their lives?

**EAT, DRINK & BE**  
*thankful*