

Employees of the Month



Juliet Rain (L) and Magalie C (R), accepting their Employee of the Month certificate and gift card from the staff coordinators.

This past month we lost one of our very precious seniors. John G. was a very special man and all the caregivers who cared for him loved him. God rest his soul, he will be missed. John G.'s daughter sent us a very special testimonial (read below) and highlighted two of our terrific employees. Based on her testimonial we decided to make both caregivers "Employees of the Month" for January 2019. Juliet has been with Seniors In Place for over ten years and has worked for twenty-four of our fabulous seniors. Magalie, has been with Seniors In Place for just over one year and has worked for five different clients. It is so nice to have such positive feedback from family members. Congratulations to Juliet and Magalie for the wonderful, caring work that you do. We are so glad to have both of you as members of our family.

Mia,

I wanted to thank all the caregivers who took care of my Dad this past year. Of course, Juliet has a special place in our hearts. She treated him as her own family member and insisted he got the best care possible from everyone. I always knew I did not have to be concerned about him when she was there. She made sure he was clean, comfortable, and engaged as much as possible. She talked with him constantly, brought him to activities, and pushed him around in his wheelchair all the time to break up the monotony. Because she treated him with such respect, dignity, and kindness

Cont.

everyone else did too. He was always very happy to see her come Monday morning. Juliet is an extremely hard worker and a true professional. We are thankful to have had someone like that with my Dad. Whoever she cares for next will be very lucky. I have a feeling that there are residents at Winchester Gardens who are waiting until she is available because they observed what wonderful care she took of John. I don't want to take away from his other caregivers. We did not have complaints about any of them. Magalie was also wonderful. She is a very loving and caring person. She took excellent care of John. I spent a lot of Saturday afternoons with her and always enjoyed her company. She also is excellent at what she does, a true professional.

Please remember that your biggest strength as an agency is your staff. Treat them well.

They work very hard.

Sincerely, Nora C.

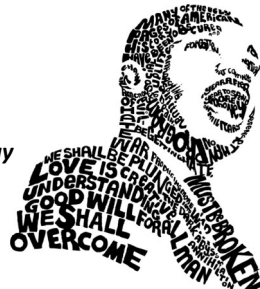


Reporting Hours

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

January 1st
New Year
January 21
Martin Luther King Day



Contact/Emergency Information

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

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



www.SeniorsInPlace.com

Newsletter January 2019

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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



January 2019

As I get older, it seems that the years fly by much faster. As we begin our new year, we can breathe easier knowing that we have enjoyed the holidays. We've completed all our gift giving, we've gained a few pounds from all the eating, we've entertained trying not to offend Uncle Charlie and now we can think about our new year and contemplate all the good things that we want to do so we can be healthier, happier, better people. Goals and resolutions are hard to accomplish. Think about all the years when we have made promises to ourselves and after a few weeks or months they fall by the wayside. Sometimes, I think it's a good idea if we try to achieve our goals in smaller steps, so we are not so overwhelmed. I heard this simple quote and it makes accomplishing our goals a little easier. Please remember "Right foot, Left foot, Breathe!"

Wishing everyone a Happy, Healthy and Prosperous New Year!

Regards,



Richard

Richard J. Blecker

7 Resolutions Seniors Can Make for the New Year

Roughly half of Americans admit to usually making some kind of New Year's resolution. Yet despite their good intentions for self-improvement, only about 8 percent of people are successful in achieving their resolution, according to statisticbrain.com, often because they set a goal that is simply too lofty. That got me thinking about some realistic ways that seniors can improve their lives and wellbeing as we enter the new year. Here are seven potential New Year's resolutions for seniors that are easily attainable with just a little effort...

Update (or create) your legal documents

The very nature of many legal documents is that you don't need them until you need them, and this is especially true of wills, advance directives (also called a living will), and power of attorney documents. If you haven't already created each of these, contact your attorney and set up an appointment to get the ball rolling. You can even find simple templates on the internet using sites like legalzoom.com or get low-cost computer software (such as Quicken WillMaker) if your personal and financial situation is not very complex.

And if you already created these documents many years ago, it is a good idea to review them periodically to ensure nothing about your wishes has dramatically changed.

Clean out your attic, garage, and/or closets

You open the door, and inside are behemoth stacks of STUFF—discarded toys, outdated clothes, boxes of old papers. Whether this describes your attic, garage, or closet, 2019 is the year to tackle the task of cleaning it out. It sounds daunting, but you will feel so liberated when this chore is done.

Eat healthier

Want to live to be 100? You can increase your odds simply by improving your diet. The people in the Blue Zones (the cities that have the most centenarians) seem to have it figured out, and following some of their diet and lifestyle choices can put you on the path to a longer, healthier life. But eating healthy doesn't have to mean sacrificing flavor.

Get a Get a check-up

An ounce of prevention is worth a pound of cure. That's why you should have an annual check-up with your primary care doctor. He or she will be able to spot any issues early, before they become major health crises. Your insurance or

Medicare should pay for it at no cost to you, so why not take advantage? Yes, laughter is good medicine, but preventive care may just be the best medicine.

Learn how to use technology

Staying connected to friends and family has many mental health benefits for seniors. And the internet and social media make it simpler than ever to keep in touch, even for the elderly who might otherwise become socially isolated. That's probably why seniors are one of the faster growing demographics on Facebook. If you aren't currently using social media—maybe you just aren't sure how to "Facebook"—ask a friend or loved one for a lesson and make 2019 the year you start connecting with loved ones virtually.

Begin to explore senior living options for the long-term

If you are approaching retirement age, you probably have already thought about where you would like to live as you grow old (and hopefully you've been saving your money accordingly). If you are considering a continuing care retirement community (CCRC, also known as a life plan community) or another senior living community, there's no time like the present to start exploring the options. My LifeSite has information on hundreds of CCRCs across the country to help you get the process started.

Get more exercise

This is a popular resolution, and often, it is also one that quickly gets abandoned. Yet exercise has countless health benefits, especially as we age—increasing cardiovascular health, strengthening bones, improving balance, and managing weight. A research study conducted earlier this year found that as little as 1 minute of exercise can have tangible health benefits, improving blood sugar regulation, and increasing endurance and muscle. So, no more excuses that you "don't have time" to exercise in 2019! Take the stairs, park further from the mall entrance, or just get up from the sofa and do some jumping jacks or pushups. A little exercise is always better than none!

