

EMPLOYEE OF THE MONTH



Kariann W. Seniors In Place Employee of the Month

Kariann W. has been with Seniors In Place for 2 ½ years. In that time, she has worked with 14 of our precious seniors. The testimonial below describes what a great caregiver Kariann is and shows why she has been selected as our October, “Employee of the Month.” Congratulations Kariann, we are so proud to have you as a member of our family.



Dear Bill,

Kariann is the absolute best home health Aide I have worked with for your agency— she is competent in every domain. She is caring and thoughtful. She is curious about our home and how it works. She has a good sense of humor. She is always on time— usually early. She is thorough.

She goes beyond what is standard care. She anticipates Nadine’s needs and addresses w/o coaxing. She is firm with Nadine when it is important and ignoring Nadine’s outburst. She listens to Nadine’s— which is more and more of a challenge. I could go on—and on. Suffice it to say that Kariann is a star. Thank you for assigning her to care for Nadine (and me) Sincerely, Terence J.R.



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

- October 1st 2nd Day Rosh Hoshana
- October 14th Indigenous People’s Day
- October 16th World Food Day
- October 26th National Pumpkin Day
- October 31st Halloween



Contact/Emergency Information

Main: 973-376-1600 Toll Free: 866-703-CARE
 Fax: 973-376-2555 Emergency: 973-376-1600



A FAMILY THAT CARES FOR YOU

Newsletter October 2019

Volume 12, Issue 10



Breast
 CANCER
 AWARENESS
 Month

Inside this issue:

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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



October 2019

October is 'Breast Cancer Awareness Month,' and I would like everyone to be cognizant of all the events that are going on to help raise funds so we can fight this terrible affliction. Seniors In Place has been an active participant in donating to the Susan G. Komen race for the cure. This is personal for me as I lost both of my parents to cancer and someone close to me is currently fighting breast cancer. Donations to cancer groups have already helped so much of the research dedicated to finding a cure. I ask that all of us try to do what we can to support this important cause.

Regards,

Richard J. Blecker



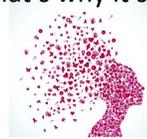
Breast Health Learn the Facts



Am I at Risk for Breast Cancer?

You may have heard about other risk factors such as having someone in your family with breast cancer or having an inherited breast cancer gene mutation.

But the truth is: **MOST** women with breast cancer don't have these other risk factors. The most common risk factors for breast cancer are being a woman and getting older. That's why it's important to remember the facts.



The Facts:

1. All women are at risk of breast cancer.
2. If you know your risk of breast cancer, you can do things that may reduce your risk.
3. You can have screening test that may find breast cancer early.
4. Talk to a doctor about any changes you notice in your breast
5. Its never too late to make healthy lifestyle choices.

Fact One: *All women are at risk of getting breast cancer.*



1. Know your Risk
 - Talk to both sides of your family to learn about your family health history.
 - Talk to a doctor about your risk of breast cancer.



Fact Two: *If you know your risk of breast cancer, you can do things that may reduce your risk.*

2. Get screened



- Talk with a doctor about which screening test are right for you if you are at a higher risk
- Have a mammogram every year starting at age 40 if you are at average risk.
- Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40.
- Sign up for your screening reminder at Komen.org/reminder

Fact Three: *You can have screening test that may find breast cancer early.*



3. Know what is normal for you.

- Learn how your breasts normally look and feel and report any changes to a doctor

Fact Four: *Talk to doctor about any changes you notice in your breast.*

4. Make healthy Lifestyle choices

- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake.
- Limit menopausal hormone use.
- Breast feed, if you can.



Fact Five: *Its never too late to make healthy lifestyle choices.*

For more information: www.komen.org