



Ket-

Kettura C. Seniors In Place Employee of the Month tura has been with Seniors In Place for 2 ½ years. In that time, she has taken care of 15 of our precious seniors. We received a very touching testimonial that you can read below. She is described as a pleasant, kind, gentle and compassionate person. In a very difficult situation, she really performed above and beyond. We are truly lucky to have Kettura as a member of our family. Congratulations Kettura, and thank you for being the very special person that you are.

Congratulations!

We also want to tell you Kettura was wonderful with our Mom yesterday. She was so pleasant, kind gentle and compassionate. We were able to take our MOM to the funeral home in the morning, to the funeral mass, cemetery interment, and luncheon. She handled all of our Mom's transfer in and out of my car, assisted our Mom transport with her walker or wheelchair, handled all toileting needs and sat with her at the luncheon allowing us to spend time with our family and friends.

Cont....

Most touching to us is that she instinctively held our mom's hand throughout the entire funeral mass. She's a very special young woman indeed.

I know Joanne also was complimentary of the assistance Niki gave our Mom but as I never met or communicated with her, I'll let Joanne provide her thoughts.

Josephine C. Family









How To Become Employee of the Month

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

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

Important Dates Reminder

	Feb 4th Rosa Parks day	
	Feb 14th Valentine's Day	
	Feb 15th Susan B Anthony Birthday	
	Feb 17th President's Day	
	Feb 26 Ash Wednesday	

Contact/Emergency Information

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



Newsletter February 2020

Volume 2, Issue 10

kindness
MATTERS

Inside this issue:

- 📌 Message from the Chairman
- 📌 36 Random Acts of Kindness Ideas for Seniors
- 📌 Testimonial for Kettura C.
- 📌 Becoming Employee of the Month
- 📌 Reporting Hours
- 📌 Important Dates Reminder
- 📌 Contact / Emergency Information

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

A Message From the Chairman



February 2020

February 17th is National Kindness Day. In my life, I find that people are inherently kind. So many times, when I enter my office building there is someone holding a door open for me. That small gesture puts a smile on my face, and I greet my team feeling happy and in a pleasant mood. In turn, they exchange niceties and we might kid with one another. I sometimes stand there for a moment when the phone rings and when someone answers the phone with a smile on their face that smile comes through to the person who is calling. What I am saying is that being kind is contagious.

“A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.” (Amelia Earhart).

Let's make a conscientious effort to be kind all of the time. It will make the world a better place.

Wishing you all a kind and happy February.

Regards,

Richard J. Blecker



♥ Random Acts of Kindness Ideas for Seniors

*When you choose to live with kindness, there is a ripple effect on those around you. From a strengthened immune system to better mental health, studies show that being kind has **beneficial effects for the giver** too. It doesn't have to be a big, grand gesture to be effective. You can do simple, small acts of kindness – often for free – that improve the lives of others, whether you know them or not. In observance of World Kindness Day, here are some senior-friendly random acts of kindness ideas for family, friends, neighbors, and strangers to inspire you.*

- ♥ Prepare their favorite meal
- ♥ Write inspirational notes and tuck them in their pocket or gym bag
- ♥ Bring them coffee or tea in the morning
- ♥ Pick wildflowers and make a beautiful bouquet
- ♥ Make them a homemade blanket, scarf, or other item
- ♥ Do a chore they usually have to do
- ♥ Tell them you love them or thank them for the little things they do for you
- ♥ Celebrate an achievement they are proud of
- ♥ Ask them how their day was
- ♥ Take them on a spontaneous outing somewhere you know they'd like
- ♥ Bring over a “sickness care package” when they're ill, complete with soup, cough drops, lotion, juice, and DVDs
- ♥ Offer a listening ear when they're having a tough time
- ♥ Invite them to join you for a walk or yoga class
- ♥ Call them up to let them know you're thinking about them (if you have trouble hearing over the phone, find out how CapTel can help)
- ♥ Write letters and send holiday cards to old friends
- ♥ Take them to a doctor's appointment and offer support
- ♥ Ask them if they need anything if you're heading out for errands
- ♥ Give them a book you think they'd enjoy reading
- ♥ Introduce yourself to new neighbors and give them

your contact information

- ♥ Rake the leaves in their yard or shovel their driveway or sidewalk
- ♥ Bring flowers for planting
- ♥ Bake them a plate of cookies
- ♥ Offer to watch their pets and get their mail when they're away
- ♥ Invite them to your home for tea or coffee
- ♥ Share fresh produce from your garden
- ♥ Lend a hand when you see them doing a project
- ♥ Beautify your neighborhood by collecting litter on walks and recycling it
- ♥ Return someone's cart from the parking lot to the store
- ♥ Donate food, toiletries, and clothing to those in need
- ♥ Deliver water to someone working outside
- ♥ Leave a generous tip to a server at a restaurant
- ♥ Smile and give compliments to make someone's day
- ♥ Hold the door open for the person behind you
- ♥ Write letters to soldiers deployed over the holidays
- ♥ Share your umbrella when it rains
- ♥ Allow another driver to have a front row parking spot

Kindness can be invigorating – and scientists agree. They've found that it actually produces natural pain-killing endorphins, improves energy, and can even extend your lifespan. Whether you're treating your family, friends, neighbors, or strangers to random acts of kindness, enjoy spreading happiness today and every day.

For more articles on senior living and independence, visit our blog today.

