

# The Able Times

*From the Desk of Michael Shapiro, President*

## Caregivers are the Eyes and Ears of Good Home Care



**April 2018**  
Volume 23 Edition 2

### Inside this Issue

Able's Hall of Fame .....	2
Computer Station Kiosk .....	3
Email Is A Vital Tool.....	3
Clarity Transportation Card .....	3
Able's ADP Home Page.....	4
Effective Communication .....	5
Refer a Friend Bonus .....	5
Urgent Call In Call Out Reminders .....	6
In-services 2nd Quarter 2018 .....	6-7
More Reasons to Eat Fruit.....	8

Most people prefer health care in their home where they feel more comfortable in familiar surroundings. This is particularly good for mental and physical well-being. Our clinical team consists of nurses, therapists, home health aides and other professionals who work together to help clients recover from their illnesses or injuries and remain in their home and out of the hospital. Home Health Aides and Personal Care Aides are an important part of this team.

To help prevent potentially avoidable hospitalizations, we must incorporate best practice into our patient care, provide complete comprehensive ongoing patient assessment, care planning and care coordination. We must also follow up immediately on any changes in the patient's condition.



Our home health aides spend more time with their patients than any other member of the clinical team, they act as the nurse's eyes and ears. You get to know your patient very well and intimately. Be sure to ask your patient at the beginning of each shift how they are feeling. Observe their physical, mental and emotional condition and report any changes to the nursing team. It is

important to watch for changes in symptoms. As you get to know your patient you are often the first one to notice any changes or concerns. A change may mean that the same symptoms are getting worse or that new symptoms have appeared that you haven't seen before. Any change in symptoms can be a sign that more urgent care is needed. As an HHA, you must understand the significance of your role in observing and reporting a patient's status. Alerting the nursing team to significant changes in a patient's condition allows for early intervention and prevents serious exacerbations which may avoid hospitalizations.

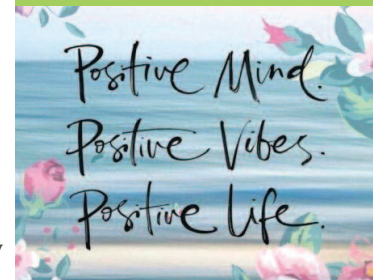
You can help by making sure your patient takes their medicine as prescribed by their doctor, has proper nutrition and follows their dietary requirements, has good hygiene and adheres to the plan of care. Call



the nurse immediately to report any changes in the patient's condition no matter how small it may be. The nurse can make an assessment and may recommend additional treatment or a doctor or ER visit. Remember you may have to call 911 if your patient is unresponsive, has fallen, is bleeding, has difficulty breathing or has any other medical emergency.

Regardless of what disease or illness the patient may have, Home Health Aides must be sure to:

- Report any changes in the patient's condition to the supervising nurse.
- Follow the Plan of Care given by the nurse.
- Follow precautions and assist as needed to keep the patient safe.
- Let your Coordinator and patient/caregiver know ahead of time if you cannot work a particular day so that a replacement aide can be found.
- Remember you play a vital role in your patient's care!



### *From the Desk of Sandra Weintraub, Executive Director*

We cannot control what other people say and do but we can control our own thoughts, feeling and behaviors. Everyone faces negative situations. Someone may say something bad about you or something you worked hard on is rejected. Its difficult to keep a positive attitude in these situations. However, we are judged by our response so it's important to keep a positive, professional attitude when we respond to adverse situations. So how do you stay positive?

### How to Stay Positive in Negative Situations

1. **Control your response** - take a deep breath and count to 10. You may have to step away from the situation to collect your thoughts. Excuse yourself and when you are calm you can respond.
2. **Learn from Negative Situations** - sometimes a negative situation is a way to grow. Learn from your mistakes.
3. **If you make a mistake admit it** - we are human so we all make mistakes. Be upfront and tell your supervisor.
4. **Accentuate the positive** - and eliminate the negative.
5. **Maintain a positive view** - keep a positive view about a person or situation and don't jump to conclusions. Life will continually present you with negative situations. Rather than waste your energy and reputation reacting negatively, learn to turn a negative situation into a positive one. By doing so you will enhance your professional appearance. Remember you always have a choice. We can choose what we listen to, watch and who we want to spend time with.

## Able's Hall of Fame



Able would like to send a special thank you to Angendry Jimenez from the Queens Branch.

Angie joined our Able Family 5 years ago as the front desk Receptionist/Tracker, and has since been promoted to Service Coordinator.

She is an important member of our team and we appreciate her hard work.

Khadene and the Brooklyn Branch received an Edible Arrangement as a thank you from the Admission Team at Pioneer Home Care, whom we make nursing visits for.

The enclosed card reads,

***"Thank you so much for all that you do for us. We want you to know that we appreciate your hard work and dedication."***



*Way to go Brooklyn Team!*



### The Islandia HHA Training Class

*We wish our trainees success and happiness in their new career as a Home Health Aide*

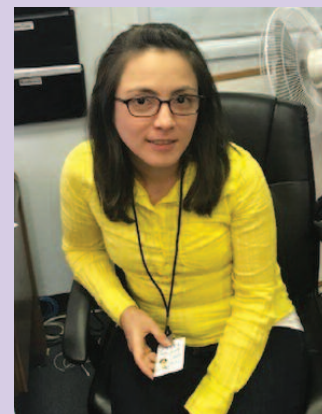
**Welcome to the Able Family!**

## Employee Excellence

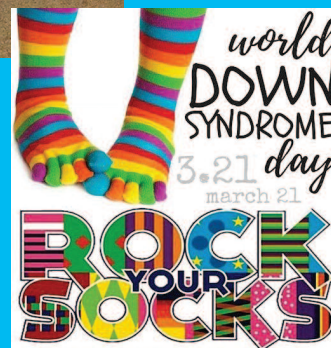
Able would like to send a special thank you to Flavia Maroney from the Queens Branch. She has been a tremendous help in translating our Caregiver Handbook and important educational material from English to Spanish.

Flavia has been with Able for a little over 6 months, and has proven herself to be an invaluable employee.

We commend her for her dedication and hard work!



The Brooklyn Branch were crazy socks in support of World Down Syndrome Day



In February, Terry Rosicki and Harriett Salaberrios from the Corporate Office wore red in honor of

*Go Red for Women,*

the American Heart Association's national movement to end heart disease and stroke in women.



*From the Desk of Wayne Lasner, IT Director*

## Computer Station Kiosk

Able Cares About Our Valued Field Staff.

As technology enhances the way we do business, sometimes our comfort levels need time to adjust to these changes. With our new payroll system, users are notified electronically via text messaging and email. The old days of “Snail Mail” are gone. This means no more paper mail.

Some of our staff have expressed concerns regarding the ability to view or print their weekly paystubs.

To our valued staff – We hear you!

For your convenience, select Able Health Care branch locations will have a new, state of the art Computer Station Kiosk available during normal business hours. You will be able to view your ADP payroll information and print your paystubs. We will also be adding other exciting features in the future. Libraries also provide free computer access and printing if that is more convenient for you.



## Email is a Vital Tool



### Advantages of having an Email Address:

- Get offered cases faster
- Print/view paystubs through the ADP website once registered
- Communicate with branch
- Contact Coordinator to resolve problems, ask questions, request time off ...and more!

Email is a vital tool for both business and social communication. There are many free internet based email systems to choose from. The most widely accepted is Google's Gmail (gmail.com). Gmail provides email, contacts, and calendars, all integrated and device independent. This means that you can use it on any smart cell phone, computer or tablet. Any changes you make flow to all your devices. And, best of all, **IT'S FREE!** At Able Health Care, we prefer to communicate news and events using email.

### To create an account:

1. Go to [www.gmail.com](http://www.gmail.com).
2. Click **Create account**.

The **signup** form will appear. Enter the following:

- |                        |                         |                       |
|------------------------|-------------------------|-----------------------|
| • Name                 | • Create a password     | • Enter Date of Birth |
| • Choose your username | • Confirm your password | • Gender              |
3. Review Google's Terms of Service and Privacy Policy, click the check box, then click **Continue**. Here, you'll have an opportunity to set up **recovery options**. Recovery options are helpful if you forget your password or if someone tries to access your account. If you don't want to set up recovery options at this time, click **Done**.
  4. Your account will be created, and the Google welcome page will appear.

## Clarity Transportation Card

Effective January 1, 2018, Able Health Care Service will no longer contribute to the Clarity Transportation Program. If you have funds on your card please continue to use the card until the funds are used up. To check your balance call the number on the back of the card.

As an Able Health Care Service employee you may still continue to make voluntary pre-tax contributions to the program. In order to sign up please see your Compliance Coordinator at your Branch.

Al partir del 1 de enero de 2018, Able Health Care Service no seguirá contribuyendo al programa de Transporte de Clarity. Si tiene un balance en la tarjeta siga usando la tarjeta hasta que se termine el dinero. Para chequear su balance llame al número de teléfono que se encuentra en el la tarjeta.

Como empleado de Able Health Care Service usted puede seguir recibiendo los beneficios del programa de Transporte. Usted pue-de hacer aportaciones de impuestos antes deducciones. Para inscribirse en el plan de Clarity hable con su Coordinador(a) de Con-formidad.

# Become Familiar with Able's ADP Home Page

Able Employees will find a wealth of information when they log onto the ADP Website.

The **HOME PAGE** is where you will find:

- Able's Mission Statement
- Company Events
- Current and Past Issues of the Able Times Newsletter
- Forms
- Featured Information under Company Spotlight
- Company News and Announcements

By exploring the **RESOURCES** and **MYSELF** Tabs found on the Home Page you will find:

- Company Policies
- The Employee Handbooks
- Benefits Information
- Education
- Reminders
- Personal Information including pay stubs, personal profile
- Career Center – Job Postings
- And Much More!!!!!!

Be sure to register and log onto the ADP website today!

The screenshot shows the ADP Home Page for Able Health Care. The page has a dark blue header with the ADP logo and navigation tabs: HOME, RESOURCES, and MYSELF. A search bar is located on the right. The main content area is divided into several sections:

- Able Health Care**: Features the logo and a Mission Statement: "Able Health Care Service is committed to providing the highest quality, most cost effective home health services available to achieve the best outcomes for our patients and their families. We will promote an environment that produces the most highly skilled and dedicated employees and caregivers. We will provide our employees with the standards and the resources to achieve excellence in their careers."
- Company Events**: Lists past issues of "The Able Times" newsletter: January 2018, October 2017, July 2017, April 2017, and January 2017.
- Forms**: Includes links for "Federal Employee's Withholding Allowance" and "NYS Employee's Withholding Allowance".
- Company Spotlight**: Features a section for "Have You Had A Major Life Event?" with contact information for Joseph Ilg and Brett Berkman, and a link to the Empower Retirement website.
- Company News and Announcements**: Includes a "Clarity Transportation Card Update" and a "Holiday Schedule 2018".

Above is a screenshot of the ADP Home Page.

The screenshot shows the ADP Forms Library page. The page has a dark blue header with the ADP logo and navigation tabs: HOME, RESOURCES, and MYSELF. A search bar is located on the right. The main content area is divided into three columns: Benefits, Payroll, and Career. Each column contains a list of forms and a link to the "Forms Library".

**Forms Library**

- Benefits
- Payroll
- Career

The Forms Library is a repository for all forms employees may require. Able Health Care Services Employee Handbooks:

- Administrative
- Caregiver

To the left is a screenshot of the Forms Library found in the "Resources" tab. Here is where you can access the Employee Handbooks and other important information.

# Effective Communication

For those who serve as caregivers, as well as those who employ them, communication is the cornerstone of effective care. It is through our communication that we establish relationships, share our ideas, thoughts, memories, needs, hopes, wishes, concerns, and fears. It is what makes us human.

As a caregiver, you want to be able to share with others through conversation. Ideally, you know what the person in your care needs and in return, the person in your care trusts you to meet those needs. This is why communication skills are an extremely important aspect of caregiving.

Good communication skills are something that most people have to work hard at. Here are a few of the skills involved in effective caregiver communication:

## Listening

As a caregiver, listening is one of the most important communication skills you can have. Ask your clients questions, listen for their answers, and really pay attention to what they say their needs are. There may be times they don't need anything at all and just want to know that somebody is listening to them. Active listening is key:

- Look at the person who is talking.
- Focus attention on what they are saying.
- Acknowledge what you hear by nodding, verbally indicating that you have heard or asking the person to continue.
- Ask for clarification to check that you have understood their viewpoint.
- Without adding personal opinions or judgments, summarize what you have heard to check with the person if you have understood their viewpoint.



## Effective talking

When it comes to talking, take the time to explain things, and remain calm. Don't assume, if they are older, that you need to yell for them to hear. Their hearing may be just fine. You may, however, need to speak a little more slowly, or take the time to explain something a little more fully.

## Being Positive

People tend to respond to people who they like and respect. Your attitude and energy will determine the quality of your relationships. No one will respond well to a negative person or someone who is condescending or not authentic. When you project an attitude that is calm, cheery, interested and helpful, others will respond more positively.

## Patience

It can take time to communicate effectively. Communicate at a slow, even pace to allow your client to think through the conversation and respond in a timely manner. It can take some people longer to form their thoughts or some people may speak slowly. Be patient and resist the urge to interrupt. Pay attention to nonverbal communication, such as body language and lack of eye contact, for clues as to how the person may be feeling. In time, you will become familiar with the particular nonverbal cues the person in your care displays.

Remember that communication is critical and one of the most important elements in building healthy, meaningful relationships with your clients. To clearly understand their needs and desires, you will want to master excellent verbal and nonverbal communication.

Being a caregiver can be hugely rewarding knowing that you've helped make someone's life easier and better. Consistently being there for someone else will foster a remarkably strong relationship, based on trust and friendship, and keeping these communication tips in mind will make your caregiving experience that much better.

## Refer a Friend Bonus/Bonificación por Referir a un Amigo

To All Able Caregivers:

Able Health Care is pleased to introduce our **Refer a Friend Bonus Program**. If someone you refer gets hired, both you and your referred friend will each receive \$150.

To receive the bonus:

- Your referred friend must complete 200 hours of employment with Able Health Care.
- Your referred friend must track their hours and inform their branch when 200 hours are reached.
- Payment will be processed as long as you and your newly hired friend meet Able Health Care's hiring guidelines, work continuously and are in good standing.
- Rehired employees are ineligible to participate.



A todos los Cuidadores de Able:

Able Health Care se complace en presentar nuestro **Programa de Bonificación por Referir a un Amigo**. Si alguien que usted refiere es contratado, ambos usted y su amigo referido recibirán cada uno \$150.

Para recibir la bonificación:

- Su amigo referido debe completar 200 horas de trabajo con Able Health Care.
- Su amigo referido debe llevar registro de sus horas e informar a su sucursal cuando llegue a las 200 horas.
- El pago será procesado siempre y cuando usted y su amigo referido recientemente contratado, cumplan con las directivas de contratación de Able Health Care, trabajando continuamente y estando en buena situación.
- Empleados recontratados no son elegibles para participar.





## Urgent Call In Call Out Reminders

### To Receive your pay accurately and on time it is important to:

1. Call in and out for every case which will assure you are paid the correct amount of hours you work.
2. Make sure to use the correct phone #, this will identify your patient correctly.
3. Make sure to correctly enter your ID #, this will assure you receive credit for your visit.
4. Make sure to accurately enter the tasks you do for your patient that are prescribed on the Plan of Care.

Please feel free to ask for help or to come to your branch if you need more guidance or help calling in and out and entering tasks.

### Para recibir su paga correctamente y en el día de pago adecuado es importante que usted haga lo siguiente:

1. Debe de llamar al empezar su turno laboral y debe de llamar al concluir su turno laboral por cada caso. Este proceso asegurara que se le pague la cantidad correcta por las horas trabajadas.
2. Asegure de usar el numero de telefono correcto, esto identificara a su paciente correctamente.
3. Asegure de ingresar correctamente su numero de identificacio n, esto le asegurara recibir credito por su visita.
4. Asegure de ingresar con precisio n las tareas que usted hace para su paciente las cuales esta n delineadas en su Plan de Cuidado.

Por favor, siéntete libre de pedir ayuda o de visitar a su sucursal si necesita mas orientacio n o ayuda para seguir el proceso de llamar y salir y para entrar las tareas adecuadamente.

## Take Advantage of the Many Benefits Offered to You Through Employment with Able Health Care

**Health Insurance** - Eligible after three months of employment. Enrollment for you and your family with HIP. Prescription Benefits are inclusive as well as vision and some dental coverage.

**401K Retirement Plan** - Eligible after one year of service. Retirement & Savings program is always an advantage. Participation is strictly voluntary. You can contribute 1% - 15% to the plan each pay period. The Able Health Care Service 401K Plan is a great way to save for your retirement.

**Comprehensive Dental Care** - Choice of many Dentists all at a discounted fee. Many procedures without any out of pocket cost. Choose from four options of coverage one including orthodontics. Feedback from people already enrolled has been excellent. Take advantage.

**Commuter Benefit** - A debit card that can be used to purchase transit passes for use on the New York City subways, buses, train, ferry or Uberpool.

**Direct Deposit** - Is available for your convenience.

### New for 2018 - Sign On Bonus & Refer a Friend Bonus - Call your branch for details

#### Tome provecho de los muchos beneficios ofrecidos por su empleo con Able Health Care

**Seguro Medico** Elegible después de tres meses de empleo. Inscripción disponible para Usted y para su familia con HIP. Medicamentos, visión, y algunas partes del plan dental.

**401k Plan de Jubilación** Elegible después de un año de empleo. Plan de ahorros para su siempre es algo bueno. Participación es voluntaria. Usted puede contribuir del 1% al 15% al plan de su salario en cada pago. El 401K plan de Able Health Care es una excelente manera de ahorrar para su jubilación.

**Plan Dental Integral** Hay opciones de muchos dentistas a costos rebajados. Muchos de los tratamientos sin algunos costos para Usted. Puede elegir entre cuatro planes, uno incluye ortodontista. Comentarios de personas que tienen el plan han sido excelentes. Aprovechélos.

**Beneficios de Viaje** Una tarjeta de débito que puede usarse para comprar pases de tránsito para usar en los subterráneos, autobuses, tren, ferry o Uberpool de la ciudad de Nueva York.

**Deposito Directo** esta disponible para su conveniencia.

### Nuevo en 2018 – Dos Programa de Bonificación:

- Empleado nuevo recibirá bonificación al ser contratado
- Los empleados de Able Health recibirán bonificación por cada recomendación de HHA con certificación

*Para más información llame a su Sucursal de Able Health*

## INSERVICE SCHEDULE 2nd QUARTER 2018

### LOCATION: BROOKLYN

#### INSERVICE SCHEDULE TO BE DETERMINED

### LOCATION: ISLANDIA

Date	Time	Subject	Time	Subject
Monday, 4/9	2:00 - 5:00	To Be Determined	6:00 - 9:00	To Be Determined
Monday, 4/30	2:00 - 5:00	To Be Determined	6:00 - 9:00	To Be Determined

### LOCATION: WHITE PLAINS

#### INSERVICE SCHEDULE TO BE DETERMINED

## INSERVICE SCHEDULE 2nd QUARTER 2018 (Continued)

### LOCATION: HEMPSTEAD

<i>Date</i>	<i>Time</i>	<i>Subject</i>	<i>Time</i>	<i>Subject</i>
Tuesday, 4/3	10:00 - 2:00	OSHA and Skills	1:00 - 4:00	N/A
Wednesday, 4/4	1:00 - 4:00	VBP-Anemia, CHF and Respiratory Infections	5:00 - 8:00	Activities of Daily Living
Monday, 5/7	10:00 - 2:00	OSHA and Skills	1:00 - 4:00	N/A
Tuesday, 5/8	10:00 - 2:00	OSHA and Skills	1:00 - 4:00	N/A
Monday, 5/14	10:00 - 2:00	OSHA and Skills	1:00 - 4:00	N/A
Tuesday, 5/15	9:00 - 12:00	VBP-UTI, Sepsis, Electrolyte Imbalance	1:00 - 4:00	Vital Signs
Wednesday, 5/16	9:00 - 12:00	Care of the Diabetic/Diabetic Diet	1:00 - 4:00	Skin Care
Monday, 5/21	9:00 - 12:00	Falls and Risk Management	1:00 - 4:00	Body Mechanics and Use of Hoyer Lift
Tuesday, 5/22	9:00 - 12:00	Care of the Cancer Patient	1:00 - 4:00	Mental Illness
Tuesday, 5/29	10:00 - 2:00	OSHA and Skills	1:00 - 4:00	N/A
Wednesday, 5/30	9:00 - 12:00	VBP-Anemia, CHF and Respiratory Infections	1:00 - 4:00	N/A
Thursday, 5/31	10:00 - 1:00	N/A	1:00 - 4:00	Alzheimer's Disease
Wednesday, 6/6	10:00 - 2:00	OSHA and Skills	1:00 - 4:00	N/A
Thursday, 6/7	10:00 - 2:00	OSHA and Skills	1:00 - 4:00	N/A
Monday, 6/11	9:00 - 12:00	Cultural Diversity in Healthcare	1:00 - 4:00	Skin Care
Tuesday, 6/12	9:00 - 12:00	Common Cardiac Conditions	1:00 - 4:00	Understanding the Human Body
Monday, 6/18	10:00 - 2:00	OSHA and Skills	1:00 - 4:00	N/A
Tuesday, 6/19	10:00 - 1:00	Care of the Diabetic Client	1:00 - 4:00	N/A
Wednesday, 6/20	10:00 - 2:00	OSHA and Skills	1:00 - 4:00	N/A
Thursday, 6/21	10:00 - 1:00	Vital Signs	1:00 - 4:00	N/A
Wednesday, 6/27	9:00 - 12:00	N/A	5:00 - 8:00	VBP-UTI, Sepsis, Electrolyte Imbalance

### LOCATION: QUEENS

### ***OSHA/SKILLS***

***MAY AND JUNE - EVERY TUESDAY & EVERY FRIDAY - 2 SESSIONS EACH DAY  
9:00 a.m. - 1:00 p.m. / 1:30 p.m. - 5:30 p.m.***

<i>Date</i>	<i>Time</i>	<i>Subject</i>	<i>Time</i>	<i>Subject</i>
Monday, 4/2	9:00 - 12:00	Heart Failure	1:00 - 4:00	N/A
Friday, 4/6	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Thursday, 4/12	9:00 - 12:00	Prepare Today Cope Better Tomorrow	1:00 - 4:00	N/A
Thursday, 4/12	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Monday, 4/16	9:00 - 12:00	Bipolar Disorder and Schizophrenia	1:00 - 4:00	N/A
Tuesday, 4/17	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Thursday, 4/19	9:00 - 12:00	Kosher Experience	1:00 - 4:00	N/A
Monday, 4/23	9:00 - 12:00	Working With the Developmentally Disabled	1:00 - 4:00	N/A
Friday, 4/27	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Wednesday, 5/2	9:00 - 12:00	Adult Substance Abuse	1:00 - 4:00	Workplace Violence
Thursday, 5/3	9:00 - 12:00	Communication	1:00 - 4:00	Osteoporosis and Bone Loss
Monday, 5/7	9:00 - 12:00	Arthritis	1:00 - 4:00	Dementia
Wednesday, 5/9	9:00 - 12:00	Dehydration	1:00 - 4:00	Activity and the Elderly
Thursday, 5/10	9:00 - 12:00	Caring for Yourself	1:00 - 4:00	Haitians
Monday, 5/14	9:00 - 12:00	Pressure Ulcers	1:00 - 4:00	Traumatic Brain Injury
Wednesday, 5/16	9:00 - 12:00	Peripheral Artery	1:00 - 4:00	N/A
Thursday, 17	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice Care
Monday, 5/21	9:00 - 12:00	Heart Failure	1:00 - 4:00	Skin Care
Wednesday, 5/23	9:00 - 12:00	MYRSA	1:00 - 4:00	Corporate Compliance
Thursday, 5/24	9:00 - 12:00	Hypertension	1:00 - 4:00	Cancer Patient
Wednesday, 5/30	9:00 - 12:00	Maintain Professional Distance	1:00 - 4:00	N/A
Thursday, 5/31	9:00 - 12:00	Hospice Care	1:00 - 4:00	Special Needs
Monday, 6/4	9:00 - 12:00	Spiritual & Psychological Needs	1:00 - 4:00	N/A
Wednesday, 6/6	9:00 - 12:00	Respiratory Diseases	1:00 - 4:00	Knee Replacement
Thursday, 6/7	9:00 - 12:00	Constipation	1:00 - 4:00	Kosher Homes
Monday, 6/11	9:00 - 12:00	Cardiac Patient	1:00 - 4:00	Keeping Your Patient Healthy
Wednesday, 6/13	9:00 - 12:00	Meal Planning	1:00 - 4:00	N/A
Thursday, 6/14	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice Care
Monday, 6/18	9:00 - 12:00	Dementia	1:00 - 4:00	Feeding Difficulty
Thursday, 6/21	9:00 - 12:00	TB Update	1:00 - 4:00	Activity and the Elderly
Monday, 6/25	9:00 - 12:00	Anemia & Sepsis	1:00 - 4:00	Women's Health
Wednesday, 6/27	9:00 - 12:00	Traumatic Brain Injury	1:00 - 4:00	N/A
Thursday, 6/28	9:00 - 12:00	Hospice Care	1:00 - 4:00	Special Needs

**1240 Broadcast Plaza  
Merrick, New York 11566**

**Phone: 516-546-8000**

**Fax: 516-868-7394**

**Web: [ablehealthcare.com](http://ablehealthcare.com)**

The Able Times is a publication of Able Health Care Service, Inc. It is produced for its employees, patients, families, and referral sources.

*Able has provided Home Health Care since 1976. Able has offices at the following sites:*

**Able Health Care Special Needs  
OPWDD Certified Division:**

Queens ..... 718-779-7000  
Brooklyn..... 718-222-1200  
Nassau ..... 516-933-7000  
Suffolk ..... 631-952-0500

**Able Health Care  
Licensed Home Care Agency:**

Queens ..... 718-458-0800  
Nassau ..... 516-933-7000  
                    516-292-0100  
Suffolk ..... 631-952-0500  
White Plains ..... 914-683-9400

**Recruitment Offices:**

Hempstead..... 516-292-0100  
Brooklyn..... 718-222-1200



**In-service Schedule on pages 6 and 7 for April, May and June 2018**

To remain in compliance as an HHA you are required to attend 12 hours or 4 in-services each year. The informative and educational in-services listed on the previous pages will be presented at your local branch office. Call to make a reservation; dates may change. OSHA in-service is required once a year.

**Editorial Policy**

*The Able Times is a publication of Able Health Care Service, Inc. The Editor invites contributions of articles, special reports, statistics, news items, short personal experiences, poetry, etc. We reserve the right to refuse and/or edit all submissions for publication. Please send articles to The Editor at 1240 Broadcast Plaza, Merrick, NY, 11566.*

*Neither Able Health Care Service, Inc., nor it's staff are responsible for factual statements or opinions published in The Able Times. All citations are noted where necessary.*