

The Able Times



From the Desk of Michael Shapiro, President

The 7 Attributes of a Highly Effective Home Health Aide

April 2017
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Able’s caregivers represent Able Health Care. The impressions you make out in the community represent our company. Our very success or failure depends upon our Caregivers; their attitude, knowledge, compassion, professionalism and home care skills. Every

day you are Able’s ambassadors to the world. Able’s reputation depends upon our home health aides’ job performance and abilities.

The 7 attributes that make a highly effective home health aide are:

- **A good work ethic** – Willingness to take on and complete the tasks that your patient requires everyday with a good attitude.
- **Punctuality** – Your patient needs you to be on time to complete tasks that are required to be done at prescribed times.
- **Competent** – Understanding and fulfilling your tasks is crucial to the health and well being of your patient.
- **Patience** – Many of our patients may have cognitive impairments and require a caregiver who is patient and compassionate, and one who doesn’t rush to get tasks done quickly. Home health aides need to be extremely patient,

as they often work with seniors suffering from dementia, Alzheimer’s, Parkinson’s, cancer or other illnesses. These diseases can make your job more challenging. Dementia patients often repeat themselves over and over and need to be reminded of things constantly. A thick skin with a caring personality, is the trademark of a great aide.

- **Caring** – Most caregivers choose to become home health aides because they have an affinity to caring for others, possess a caring nature.
- **Trust and Honesty** – Caregivers are entrusted with the safety and health of their vulnerable patients in their home. Honesty is crucial.
- **Respect** – Respect is the foundation of any meaningful relationship. We expect our employees to be respectful and in turn to be treated with respect.

Home Health Aides are special people. With the qualities mentioned above they assist millions of people across America every day.

A good aide does this type of work for their love of caring for seniors and disabled people. Honesty, integrity, a good work ethic, intelligence, reliability and a host of other attributes are also found in top notch aides. But, in my opinion, a kind caring person is where it all starts.

Able truly appreciates your hard work and dedication. Thank you Caregivers!

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From the Desk of Sandra Weintraub, Executive Director



Success can mean: feeling that tingle of excitement about what you do, sticking with what matters through hard times, and living a life you can feel proud of.

It can be an achievement of an action within a specified period of time or within a specified parameter. Success can also mean completing an objective or reaching a goal. Success can be expanded to encompass an entire project or be restricted to a single component of a project or task. It can be achieved within the workplace, or in an individual's personal life.

Success is not a one-way street, but a constant journey. The near win, in our own lives. In our pursuit of success and mastery, it is actually our near wins that push us forward. When we stop trying we fail. Our most lasting and fulfilling achievements are often earned by helping others fulfill theirs. By reaching out and helping one person succeed, we can help change the world.

No matter how you define success, Able’s success depends on the quality of the services we provide to our patients and the positive impact we have on their lives. I want to thank the entire Able Family for your hard work, dedication and commitment to making our Agency a great success!

Able's Hall of Fame



We would like to honor and thank Gloria Saltos, Receptionist in the Queens Branch for her multi-tasking abilities. Besides handling the switchboard for Able Healthcare's largest Branch Office, Gloria provides Personal Protective Equipment to our HHA's and has the extraordinary ability of finding

bilingual aides that are available for assignment. All of our Service Coordinators are grateful on a daily basis for this help. Gloria does not hesitate to come in early to unpack any supplies that are delivered to the branch.

Thank You Gloria for all your hard work and dedication!

Dear Jocelyn:

I am writing to you in order to recognize the efforts of Elaine Hargrove during the blizzard on February 9, 2017. She risked her safety to work at Marie Regina with our hospice patients. I cannot thank her enough. She is a wonderful asset to our patients and to me. She is kind, compassionate and observant and lets me know what is happening at all times with our patients. I appreciate her ability to work as a member of our hospice team and I just wanted to let you know.

Sincerely, L.O.

Dear Mr. Shapiro:

I had a back operation 12/10/16. As a result not only did I have to worry about healing from my operation, I had a dropped foot as a side effect of this operation. I relied on Patricia Osorio my aide. Ms. Osorio was extremely helpful. She met my every need, went above and beyond how she took care of me. She is an extremely confident loving and caring person. I have dealt with aides before for care of my loved ones. I had to write to let you know how qualified she is. I hope she is recognized in your company for her outstanding work. Not often do you find a worker like this. Please let her know she is deeply appreciated.

Sincerely, A.M.

Dear Jocelyn,

I want to take this opportunity to thank you for making sure my daughter Jeanie doesn't worry about not having an aide. The aides you have sent, Luz Ayala Colon and Danielle Cuffie, are wonderful caring women. I know I won't be around forever but as Jeanie's mother you have put my mind at rest knowing that you are always watching out for her. Thank you and God Bless.

Sincere Appreciation, M.

It's a Girl!



Congratulations to Lorena Alejo and Family.
A very warm welcome to baby Laila
born on February 3, 2017.

Just Engaged



*Congratulations to
Keely O'Connor and her
Fiancé Richard Zapata
on their engagement.*

We wish them a life full of happiness and love.

ABLE'S 401(k) Program

We are excited to announce upcoming changes to our 401(k) program. Able Health Care Service will be transitioning our 401(k) plan from ADP to a new service provider, Empower Retirement. In addition to a new service provider, we have also hired Merrill Lynch to help promote financial wellness in the workplace. Our new advisors are committed to helping our employees with objective, personalized advice & guidance with your 401(k) accounts and overall financial plan. Please reach out to them for any questions or concerns, they are here to help:

Brett Berkman – (888) 356-8639 / Joseph Ilg – (631) 351-5129.

Please remember, Able Health Care has consistently provided a company matching contribution to those that choose to participate. While this match is based on company profits and is not guaranteed we will continue to provide every available benefit and resource to our personnel. We urge you all to take advantage of this benefit and reach out to our new contacts at Merrill Lynch for assistance.



Handwashing

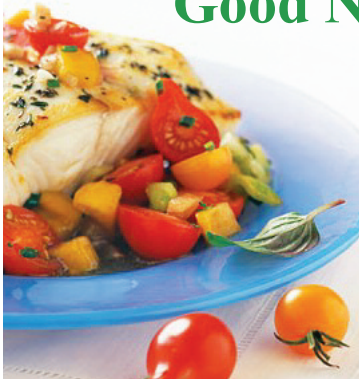
Handwashing is the simplest method we have to prevent the spread of infectious agents from one person to another. You can help reduce the risk of diseases that can be transmitted by using proper hand washing procedures. For Caregivers, hands must be washed prior to direct contact with the patient/client. Hands and other skin surfaces must be washed immediately and thoroughly if contaminated with blood or other body fluids. Hands must be washed after gloves are removed, and always prior to entering the nursing bag.

Recommended Hand Washing Procedure

1. Stand away from sink so your clothing is not touching the sink.
2. Roll up sleeves and remove jewelry.
3. Turn water faucet on. Then, wet your hands and wrists thoroughly.
4. Apply enough soap to cover all hand surfaces.
5. Rub hands palm to palm.
6. Right palm over left dorsum with interlaced fingers and vice versa.
7. Palm to palm with fingers interlaced.
8. Backs of fingers to opposing palms with fingers interlocked.
9. Rotational rubbing of left thumb clasped in right palm and vice versa.
10. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.
11. Hand rubbing for 20-30 seconds.
12. Rinse hands with water.
13. Lower hands so that water and soap drain off.
14. Dry thoroughly with a single use towel.
15. Use towel to turn off faucet.



Good Nutrition Makes Sense for Older Adults



As people age, the quality of their diets becomes more important than ever. Good nutrition is vital for everything from healthy eyes to an immune system that can fight infections, from having high energy to preventing heart disease.

The Healthy Aging Partnership – a coalition of 28 not-for-profit and public health and senior

service organizations – has some important tips to help seniors live healthier and still enjoy good food.

Think color.

The more colorful your diet, the more disease-fighters you're eating. Aim for at least three colors on your plate at every meal. Try one new fruit or vegetable every week and try to eat at least five total servings of fruits and/or vegetables every day. Choose whole grain breads over white bread or bagels. Eat tomatoes every chance you get.

Enjoy special foods you love - in moderation.

Bake your favorite pie, cake or cookies, freeze a few portions for later, and give the rest away. Measure a single portion of snack foods and desserts before you eat them. Enhance flavors by adding small amounts of feta and Parmesan cheese, olive oil, black pepper, fresh herbs, garlic and lemon.

Eat more fish.

Just 2 ounces of fish a day can reduce the risk of heart attack by 40 to 60 percent in people already at risk for heart disease. The fatty acids in fish also may offer benefits for people with hypertension, arthritis and diabetes.

Move meat out of the starring role.

Focus instead on building your meals around fruits, vegetables and whole grains like bulgur, whole grain rice, barley and quinoa.

Make the best choices for fats and oils.

Switch from stick margarine to a spread that is free from trans-fatty

acids. Save butter for special occasion recipes. Opt for olive or canola oil, and use them sparingly.

Pay attention to calcium and Vitamin D.

Older adults need 1,200 mg per day of calcium. Include in your daily diet calcium-fortified orange juice and low-fat or fat-free dairy products, and talk with your doctor about a calcium supplement that contains Vitamin D.

Take a multivitamin-mineral supplement.

Pick one that does not exceed 100 percent of the recommended daily allowance (RDA) for any nutrient. Talk with your doctor to make sure you pick one that is appropriate for your needs.

Enjoy your food.

Healthy eating is flexible and may vary with your schedule, emotions, hunger level and overall health at any given time. Incorporate healthy habits over time. Small and sustained changes are what matter in the long run.

NOTICE TO ALL GUILDNET PATIENTS

GuildNet will no longer offer Managed Long Term Care (MLTC) services in Nassau, Suffolk and Westchester Counties effective June 1, 2017.

It is important that members residing in Nassau, Suffolk and Westchester select a new MLTC plan before May 18, 2017 to assure a smooth transfer to the new plan.

If you want to keep your Able Aide, be sure to pick a plan that contracts with us. Please call your Branch if you have any questions or concerns.

Sign up for the ALINE Card today!

It's a reloadable prepaid payroll card that's **yours to keep no matter where you work.**
It's **FREE to sign up** and there's **no credit check** to get the ALINE Card because it's not a credit card.

Enjoy these great benefits when you activate your ALINE Card account.



Your pay is on the card by 9 am every payday — no hassles, no check-cashing fees, no waiting. (Nearly 100% of cardholders received their pay on or before 9 a.m. on payday.)



Shop & pay bills in stores, online, in apps, or by phone, everywhere Visa® or Mastercard® prepaid cards are accepted.



NO FEES for

- monthly service
- minimum balance because no minimum balance is required
- overdrafts because you can only spend what's on your card.

(please refer to your ALINE Card Fee Schedule for list of applicable fees.)



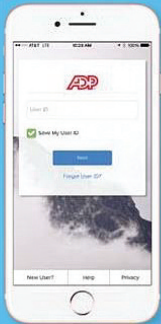
Add money – pay from other jobs, tax refund, government benefits and reload your card with cash. (You must pass an additional validation process online or in the app before you add money. Green Dot® Network cash reload limits and fees apply. Subject to card and balance limits.)



Add your ALINE Card to Apple Pay. Pay with a single touch in stores and in apps using Apple Pay®. (After successful provisioning of compatible devices.)



Access your money from nearly 70,000 in-network, surcharge-free (\$0) Allpoint®, Money Pass®, PNC BANK®, and MB Financial Bank® ATMs — more ATM networks than other major payroll cards. (The number of surcharge-free (\$0) transactions may be limited. Please refer to your ALINE Card Fee Schedule.)



Mobile account management.

- Manage your account securely and while on-the-go with the FREE ADP Mobile Solutions app. Check your account balance, monitor transactions, and get your routing and account numbers. (You must pass an additional validation process online or in the app to view your routing and account numbers and before you add money.)
- Or sign in online at mycard.adp.com to check your card activity anytime.
- Set up email and text alerts to know how much you're getting paid, when the funds are available on the card, and monitor your account with real-time transaction alerts. (Standard text messaging fees from your carrier may apply.)

Scan to download the ADP® Mobile Solutions app.

Need an ADP User ID? Open the ADP app and click on *New User?* then follow the instructions. Enter the Registration Code when prompted.

Already have an ADP User ID? Simply log in to the ADP Mobile Solutions App using the same user ID and password you use for ADP Workforce Now, ADP Employee Self Service, ADP [TotalSource](#), or ADP Resource.

Registration Code:

Ablehealth-12



(Please refer to the ALINE Cardholder Agreement in ADP Mobile Solutions and on mycard.adp.com.)

DOWNLOAD THE MOBILE APP TO ACCESS ALL YOUR PAYSTUBS

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 their 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 asegurará que se le pague la cantidad correcta por las horas trabajadas.
2. Asegúrese de usar el número de teléfono correcto, esto identificará a su paciente correctamente.
3. Asegúrese de ingresar correctamente su número de identificación, esto le asegurará recibir crédito por su visita.
4. Asegúrese de ingresar con precisión las tareas que usted hace para su paciente las cuales están delineadas en su Plan de Cuidado.

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



ADP Mobile Solutions

The ADP Mobile Solutions app can help you stay connected to the tools and information you need for peak performance in this increasingly mobile world.

With the ADP Mobile Solutions app, you can:

- ✓ Check pay statements and view W-2s
- ✓ View time off balances and submit/approve requests
- ✓ Clock in/out and submit time sheets
- ✓ Enroll in benefit plans and make elections
- ✓ Access FSA balances and transactions
- ✓ Change 401(k) contribution rate and view account performance
- ✓ Manage your team from your phone
- ✓ And more!

Note: Feature availability may vary based on your employer

La aplicación ADP Mobile Solutions puede ayudarle a mantenerse conectado a las herramientas y la información que necesita para obtener el máximo rendimiento en este mundo cada vez más móvil.

Con la aplicación ADP Mobile Solutions, puede:

- ✓ Compruebe las declaraciones de pago y vea W-2
- ✓ Ver saldos de tiempo libre y presentar / aprobar solicitudes
- ✓ Reloj de entrada / salida y enviar hojas de tiempo
- ✓ Inscribirse en plan de beneficios y hacer elecciones
- ✓ Acceder a los saldos y transacciones de FSA
- ✓ Cambiar la tasa de cotización 401 (k) y ver el rendimiento de la cuenta
- ✓ Administre su equipo desde su teléfono
- ✓ ¡Y más!

Nota: La disponibilidad de funciones puede variar en función de su empleador



To download
the app, go to:
adp.com/gomobile

Download at:



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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, Inc. 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.

Group Whole Life Insurance Policy - At affordable rates through a payroll deduction plan. This program gives you the opportunity to purchase quality Life Insurance for yourself and your family at discounted group rates. There will be no physicals. Whole Life builds cash value that you can borrow against and if you wish to transfer you may.

Direct Deposit - Is available for your convenience.

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. Aprovéchelos.

Grupos de Seguro de Vida a precios asequibles a través de plan de deducción de la nómina. Este plan te da la oportunidad de comprar seguro para Usted y para su familia a precios descontados. No hay requisitos para tomar un examen médico. Whole Life acumula valor en dinero, y también puede tomar ese dinero prestado si usted lo desea o lo necesita.

Deposito Directo esta disponible para su conveniencia.



Commuter Benefits Program

Clarity SmartRide is a pre-tax benefit account used to pay for mass transit – including bus, rail ferry – and qualified parking expenses associated with your commute to work.

Clarity SmartRide es una cuenta de beneficios antes de impuestos que se utiliza para pagar el transporte público - incluyendo autobús, ferry - y los gastos de estacionamiento calificados asociados con su viaje al trabajo.

¿Por qué debo participar?

Las contribuciones a una cuenta de viajero se deducen de su cheque de pago en una base antes de impuestos, reduciendo su renta imponible. Debido a que su antes de impuestos puede ahorrar un promedio de 30% en sus impuestos.

Para los casos de paridad salarial de New York City, Able contribuirá con 50 centavos por hora trabajada (hasta 40 horas por semana / \$1040 al año) hacia el programa de beneficios para viajeros. Clarity tiene excelentes herramientas para que los empleados puedan realizar un seguimiento de los saldos, incluidas las aplicaciones en línea y de teléfono.

¿Hay un límite para cuánto puedo contribuir?

Sí. Los límites mensuales son fijados por el IRS. Actualmente, las contribuciones para el transporte masivo, ya sea por Able o por ti mismo, están limitadas a \$255 por mes y las contribuciones para el estacionamiento están limitadas a \$255 por mes. Cualquier gasto mensual por encima de estos límites no puede estar exento de impuestos y no se puede aplicar a futuros meses.

¿Como funciona?

Usted autoriza a su empleador a deducir una cantidad antes de impuestos para el transporte público y / o estacionamiento de cada cheque de pago, hasta los límites del IRS indicados anteriormente. Usted paga por el transporte calificado con su tarjeta de débito de Clarity Care o puede pagar de su bolsillo y luego presentar una reclamación para el reembolso.

Cómo lo consigue.

¿Listo para guardar? Usted puede inscribirse para Clarity SmartRide en cualquier momento. ¡Póngase en contacto con el administrador de beneficios de su agencia y comience a ahorrar hoy mismo!

Why should I participate?

Contributions to a commuter account are deducted from your paycheck on a pre-tax basis, reducing your taxable income. Because its pre-tax you may save an average of 30% on your taxes. For New York City wage parity cases, Able will be contributing 50 cents per hour worked (up to 40 hours per week/\$1040 per year) towards the commuter benefit program. Clarity has great tools for employees to track balances including online and phone apps.

Is there a limit to how much I can contribute?

Yes. Monthly limits are set by the IRS. Currently, contributions, either by Able or yourself, for mass transit are limited to \$255 per month and contributions for parking are limited to \$255 per month. Any monthly expenses above these limits cannot be exempt from taxes and cannot be applied to future months.

How does it work?

You authorize your employer to deduct a pre-tax amount for mass transit and/or parking from each paycheck, up to the IRS limits stated above. You pay for the qualified transportation with your Clarity Care Debit Card or you can pay out of pocket and then file a claim for reimbursement.

How you get it.

Ready to save? You can sign up for Clarity SmartRide at any time. Contact your Agency's Benefits Manager and start saving today!

INSERVICE SCHEDULE 2nd QUARTER 2017

LOCATION: BROOKLYN				
Date	Time	Subject	Time	Subject
Monday, 4/3	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Wednesday, 4/12	9:00 - 12:00	Prevention of Pressure Ulcers	1:00 - 4:00	Home Safety
Wednesday, 4/19	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice
Friday, 4/21	9:00 - 12:00	Building Trust & Confidence With Clients	1:00 - 4:00	Basic Nutrition and Hydration
Monday, 4/24	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Monday, 5/8	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Monday, 5/15	9:00 - 12:00	Assisting With Medications	1:00 - 4:00	Alzheimer's Disease
Wednesday, 5/17	9:00 - 12:00	Hospice	1:00 - 4:00	Special Needs
Friday, 5/25	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Tuesday, 6/6	9:00 - 12:00	Talking About Death	1:00 - 4:00	Challenge of Dementia
Wednesday, 6/21	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Tuesday, 6/27	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice
Friday, 6/30	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
LOCATION: ISLANDIA				
Date	Time	Subject	Time	Subject
Monday, 4/10	2:00 - 5:00	Caring Qualities of an Aide	6:00 - 9:00	Caring Qualities of an Aide
Monday, 4/17	2:00 - 5:00	Understanding Hoarding Disorder	6:00 - 9:00	Understanding Hoarding Disorder
Monday, 6/5	2:00 - 5:00	To Be Announced	6:00 - 9:00	To Be Announced
Monday, 6/12	2:00 - 5:00	To Be Announced	6:00 - 9:00	To Be Announced
LOCATION: WHITE PLAINS				
Date	Time	Subject	Time	Subject
Tuesday, 4/4	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Tuesday, 4/11	9:00 - 12:00	Prevention of Pressure Ulcers	1:00 - 4:00	Home Safety
Thursday, 4/13	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice
Saturday, 4/15	9:00 - 12:00	Understanding Hoarding	1:00 - 4:00	N/A
Thursday, 4/20	9:00 - 12:00	Building Trust and Confidence With Clients	1:00 - 4:00	Basic Nutrition and Hydration
Tuesday, 4/25	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Tuesday, 5/9	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Tuesday, 5/16	9:00 - 12:00	Assisting With Medications	1:00 - 4:00	Alzheimer's Disease
Thursday, 5/18	9:00 - 12:00	Hospice	1:00 - 4:00	Special Needs
Thursday, 5/23	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Tuesday, 6/20	9:00 - 12:00	Talking About Death	1:00 - 4:00	Challenge of Dementia
Thursday, 6/22	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Tuesday, 6/27	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice
Thursday, 6/29 (tentative)	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA

INSERVICE SCHEDULE 2nd QUARTER 2017 (Continued)

LOCATION: HEMPSTEAD

<i>Date</i>	<i>Time</i>	<i>Subject</i>	<i>Time</i>	<i>Subject</i>
Monday, 4/3	9:00 - 12:00	OSHA	1:00 - 4:00	Body Mechanics/Use of Assistive Devices
Tuesday, 4/4	9:00 - 12:00	Respiratory Diseases/Tuberculosis	1:00 - 4:00	OSHA
Friday, 4/7	9:00 - 12:00	OSHA	1:00 - 4:00	Vital Signs
Tuesday, 4/18	9:00 - 12:00	Alzheimer's Disease	1:00 - 4:00	OSHA
Wednesday, 4/19	9:00 - 12:00	OSHA	1:00 - 4:00	Spinal Cord Injury
Thursday, 4/20	9:00 - 12:00	OSHA	1:00 - 4:00	N/A
Monday, 5/22	9:00 - 12:00	OSHA	1:00 - 4:00	Safety Risks and Fall Prevention
Tuesday, 5/23	9:00 - 12:00	OSHA	1:00 - 4:00	Mental Illness
Wednesday, 5/31	9:00 - 12:00	OSHA	1:00 - 4:00	Elder Issues
Thursday, 6/1	9:00 - 12:00	OSHA	1:00 - 4:00	The Normal Aging Process
Monday, 6/5	9:00 - 12:00	OSHA	1:00 - 4:00	Women's Health Issues
Tuesday, 6/6	9:00 - 12:00	OSHA	1:00 - 4:00	Physical Disabilities
Monday, 6/26	9:00 - 12:00	The Human Body	1:00 - 4:00	Aide's Role in Medication Assistance
Tuesday, 6/27	9:00 - 12:00	Common Musculoskeletal Disorders	1:00 - 4:00	Aide's Role in the Care of an Ostomy
Wednesday, 6/28	9:00 - 12:00	OSHA	1:00 - 4:00	Caring for the Patient With Cancer
Thursday, 6/29	9:00 - 12:00	OSHA	1:00 - 4:00	N/A

LOCATION: QUEENS

<i>Date</i>	<i>Time</i>	<i>Subject</i>	<i>Time</i>	<i>Subject</i>
Thursday, 4/6	9:00 - 12:00	Cooking for your Clients	1:00 - 4:00	Alzheimer's Disease
Friday, 4/7	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Monday, 4/10	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice
Tuesday, 4/11	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Thursday, 4/13	9:00 - 12:00	Hospice	1:00 - 4:00	Special Needs
Friday, 4/14	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Wednesday, 4/19	9:00 - 12:00	Ageing	1:00 - 4:00	Supporting Your Self-Esteem
Thursday, 4/20	9:00 - 12:00	Spiritual and Psychological Care	1:00 - 4:00	Schizophrenia
Friday, 4/21	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Monday, 4/24	9:00 - 12:00	Basic Human Needs	1:00 - 4:00	Understanding Pastoral Care
Tuesday, 4/25	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Thursday, 4/27	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice
Friday, 4/28	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Monday, 5/1	9:00 - 12:00	What Can Smoking do for You?	1:00 - 4:00	Child Growth and Development
Tuesday, 5/2	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Wednesday, 5/3	9:00 - 12:00	Understanding Arthritis	1:00 - 4:00	Substance Abuse
Thursday, 5/4	9:00 - 12:00	Drug Resistant Bacteria	1:00 - 4:00	Dealing With Family Members
Friday, 5/5	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Monday, 5/8	9:00 - 12:00	Hospice	1:00 - 4:00	Special Needs
Tuesday, 5/9	9:00 - 12:00	Maintaining a Professional Distance With Clients	1:00 - 4:00	Pain Management
Thursday, 5/11	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice
Friday, 5/12	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Monday, 5/15	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice
Tuesday, 5/16	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Wednesday, 5/17	9:00 - 12:00	Caring for Client After Orthopedic Surgery	1:00 - 4:00	Infection Control
Thursday, 5/18	9:00 - 12:00	Taking Care of Your Back	1:00 - 4:00	Traumatic Brain Injury
Friday, 5/19	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Monday, 5/22	9:00 - 12:00	Common Cardiac Conditions	1:00 - 4:00	HIV/AIDS
Tuesday, 5/23	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Thursday, 5/25	9:00 - 12:00	Hospice	1:00 - 4:00	Special Needs
Friday, 5/26	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Monday, 5/30	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Tuesday, 5/31	9:00 - 12:00	Humor in Healing	1:00 - 4:00	High Blood Pressure
Thursday, 6/1	9:00 - 12:00	Common Autoimmune Diseases	1:00 - 4:00	Cultural Diversity
Friday, 6/2	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Monday, 6/5	9:00 - 12:00	Building Trust and Confidence With Clients	1:00 - 4:00	Delirium
Tuesday, 6/6	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Thursday, 6/8	9:00 - 12:00	Hospice	1:00 - 4:00	Special Needs
Friday, 6/9	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Monday, 6/12	9:00 - 12:00	Depression	1:00 - 4:00	Ebola
Tuesday, 6/13	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Wednesday, 6/14	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice
Thursday, 6/15	9:00 - 12:00	Fatigue	1:00 - 4:00	Fall Risk Factors
Friday, 6/16	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Monday, 6/19	9:00 - 12:00	Preventing Re-Admission	1:00 - 4:00	Knee Replacement
Tuesday, 6/20	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Thursday, 6/22	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice
Friday, 6/23	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Monday, 6/26	9:00 - 12:00	Understanding Diabetes	1:00 - 4:00	All About Bed Bugs
Tuesday, 6/27	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Wednesday, 6/28	9:00 - 12:00	Understanding Hoarding Disorder	1:00 - 4:00	End of Life Care
Thursday, 6/29	9:00 - 12:00	Vision Loss	1:00 - 4:00	Maintaining Clients Dignity
Friday, 6/30	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA



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The Able Times is a publication of Able Health Care Service, Inc 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:

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516-292-0100

Brooklyn
718-222-1200



National Healthcare Decisions Day

(April 16) exists to inspire, educate and empower the public about the importance of advance care planning.

Advance care planning involves making future healthcare decisions that include much more than deciding what care you would or would not want; it starts with expressing preferences, clarifying values, identifying health care preferences and selecting an agent to express healthcare decisions if you are unable to speak for yourself.

National Healthcare Decisions Day is a collaborative effort of national, state and community organizations committed to ensuring that all adults with decision-making capacity in the United States have the information and resources to communicate and document their future healthcare decisions.

Have A Conversation

Advance care planning starts with talking with your loved ones, your healthcare providers, and even your friends - all are important steps to making your wishes known. These conversations will relieve loved ones and healthcare providers of the need to guess what you would want if you are ever facing a healthcare or medical crisis.

Complete Your Advance Directive

“Advance Directives” are legal documents (Living Will and Healthcare Power of Attorney) that allow you to plan and make your own end-of-life wishes known in the event that you are unable to communicate. Completing an advance directive is an important step toward having your healthcare preferences honored.

Learn more at www.NHDD.org

In-service Schedule on page 6 and 7 for April, May and June 2017

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.

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