

The Able Times

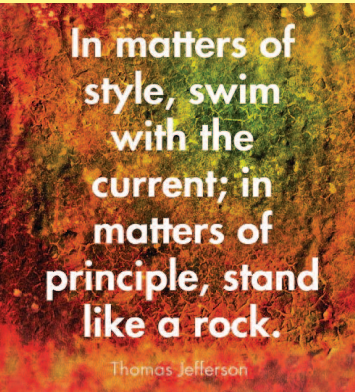


From the Desk of Michael Shapiro, President

July 2017
Volume 22 Edition 3

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Helping Others, Helping Ourselves

“Those who are happiest are those who do the most for others.” — Booker T. Washington

For people who naturally love caring for people, becoming a home health aide is a fantastic career.



People in this profession love caring for people as if they were their own family. Home health aides tend to shower patients with love and care to help promote

healing and overall well-being.

You are responsible for taking care of patients who are suffering from chronic illnesses or disabilities, or are elderly and need continuous care while living at home. Being a home health aide is so much more than just assisting the person as they heal and go through life. In fact, it is about building trust with



the patient and the family when they are at their most vulnerable. Home health aides also serve as the eyes and ears for doctors and nurses, as you are often

times the first to notice a change in the patient's condition.

“The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope.” — Barack Obama

Your patient needs you every day to assist them in the activities of daily living and provide basic routine care; such as assistance in eating, bathing, brushing teeth, giving medicine, changing dressing, checking a patient's temperature and pulse rate, and helping



with artificial limbs or walking aids in the privacy of their own home.

If you notice a change in your patient's condition (a limp, cut, bruise, change in appetite, difficulty breathing etc.), you must notify your branch immediately.

Our Home health aides are a valuable part of the health care team. You make a positive impact on the lives of the sick, disabled, and elderly. Being a home health aide is a great way to help others who need some basic care.

“No one is useless in this world who lightens the burdens of another.” — Charles Dickens

From the Desk of Sandra Weintraub, Executive Director

The landscape of Home Care is changing and



Able must rise to the challenge. We are competing in an evolving health care environment and change is necessary for growth, success and profitability. To ensure Able provides the best care for our patients and remains competitive, there are exciting changes occurring at our Agency.

We've implemented ADP Workforce Now/ADP Mobile Solutions where employees clock in and out; they can check their pay statements, request time off/check time off balances, get benefit information and enjoy many other additional features.

We've also implemented a Mobile Visit Verification system (MVV), which enables our caregivers to validate the care that is delivered to their patient in the home in real-time, while validating adherence to the Plan of Care. MVV also gives the caregiver the ability to generate alerts based on change-in-condition of the patient, or health risks that are noted during the visit. Caregivers work more efficiently with the easy to use application and paper time sheets will be further reduced.

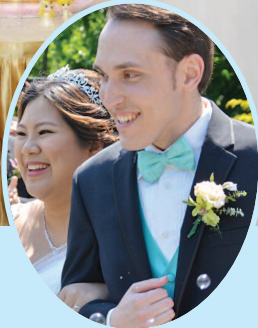
Another exciting change we are incorporating is the Santrax Point of Care (SPoC), which is a system that will enable clinical staff to go paperless and will increase documentation timeliness and accuracy. This system will help us increase efficiency, reduce costs, and streamline our operation.

These are just a few highlights of some of the changes we have made to help make Able a Success. However, we could not do it without our aides who provide the care and without our dedicated office and clinical staff. Our patients and their families rely on you every day. For all you do, I thank you!

Able's Hall of Fame



*Congratulations to Jessica Gong
from our Queens branch and her hubby
Jonathan D. Fineout Jr.
who tied the knot on June 10th.*



*The newlyweds
enjoyed a fabulous
honeymoon in
Jamaica.*



*Pictured left to right: Nicola Hyatt,
Alordes Normil, Marie Chery-Beaugris*

Alourdes Normil joined the Able Family back in 2001 as a Home Health Aide. She had to stop working in 2009 due to health issues. She is now receiving services from Able and recently paid a visit to the Hempstead office to meet everyone and to express her appreciation for the wonderful care she has been receiving.



Emilienne Pierre Turns 101!

“Emilienne Pierre was born on June 11, 1916 in Port-Au-Prince, Haiti. She migrated to the United States in 1970. She spent many years living in Brooklyn and moved to Queens 15 years ago. A

very spunky centurion, she prays daily and sings songs of praises. We believe that has kept her young at heart and perhaps alive to this ripe age of 101! Her favorite expression is “Nothing Lasts Forever” but truth be told, she has lasted a long time.

Emilienne was a seamstress, a trade she passed on to her now retired daughter Jacklyn. Grandma, as she is fondly called by all, is able to tell time and looks at the clock regularly to make sure that her meals and activities are on time. If you are late, she lets you have it in her native Creole. She is very fond of her Caregivers Merlene Johnson and Dorothy Lee”.

We'd like to thank Bernadette Pierre, Emilienne Pierre's granddaughter-in-law, for providing this article for our newsletter and look forward to Ms. Pierre (“Grandma”) celebrating many more years with her family and friends.



*Emilienne Pierre
pictured with
Caregiver's
Dorothy Lee on
the left and
Merlene Johnson
on the right.*

ABLE'S 401(k) Program

We are excited to announce Able Health Care Service has transitioned its 401(k) plan from ADP to a new service provider, Empower Retirement. Along with 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 has consistently provided a discretionary contribution to those that choose to participate. While this discretionary contribution is based on company profit 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.





There's a lot to do when the weather is right: family picnics, going to the beach, endless hours on the golf course, or lounging in your backyard hammock. Unfortunately, too much fun in the sun can be dangerous. Excessive heat exposure can cause dehydration, which in turn can cause dangerous conditions like heat cramps, heat exhaustion, and heat stroke (also called sunstroke).

No matter what your plans are this summer, you won't want to miss any of them. Combating the toll of the heat and sun on your body will keep you healthy and active all summer long. Try a few of these simple precautions, and you'll still be going strong as the leaves start to turn.

What to Wear

- ☼ **Light-colored clothing.** Dark clothing absorbs more heat.
- ☼ **Sunglasses.** They prevent harmful ultraviolet (UV) rays from scorching your corneas. Choose sunglasses that block 90 to 100 percent of UV rays.
- ☼ **A hat.** Throwing on a wide-brimmed hat prevents UV rays from hitting the sensitive spots on your face and keeps your skin looking young and wrinkle-free.
- ☼ **Sunscreen.** When outdoors, use sunscreen with an SPF rating of at least 15. Use a higher-rated, waterproof sunscreen if you'll be poolside or out on the beach. Don't forget to cover areas that burn easily: nose, ears, shoulders, and back of the neck.
- ☼ **Lip Balm.** Just like sunscreen protects the rest of your skin, a lip balm with SPF protection blocks out the sun and keeps in moisture for your lips.

Stay Hydrated

The heat makes you sweat, which cools you down, but that also means you're constantly losing fluid. Don't wait until you're thirsty! Drink water throughout the day to prevent dehydration or over exhaustion. All natural juice without added sugar not only provides hydration but also important nutrients to keep you active in hot weather. Avoid alcohol and caffeine which will dehydrate you more.



Air Conditioners Available for Low-Income New Yorkers with Medical Conditions Worsened by Heat

\$3 million has been allocated to the Cooling Assistance Component of the Home Energy Assistance Program (HEAP) to help low-income New Yorkers that suffer from medical conditions aggravated by extreme heat. The program will provide air conditioning units to eligible households for the summer months.



Local departments of social services will accept applications to the program beginning May 1. To qualify for the subsidized air conditioning units, households must meet existing HEAP income guidelines and have a member that suffers from a documented medical condition exacerbated by extreme heat. Cooling assistance is provided on a first-come, first-served basis. Applications will be accepted by local departments of social services through August 31 or until funding runs out. For more information contact your local department of social services.

What to Eat

The food you eat can also help you stay cool. Fruits and vegetables are easy to digest and often high in water content. Salads and other dishes rich in seasonal produce will keep you feeling light and hydrated. Enjoy spicy foods. Popular in warm climates, the tingling feeling and accompanying sweat caused by spicy foods has a purpose; the sweat actually cools your body down. Choose low-fat meats. Fat takes longer for your body to digest and carries a higher salt content, which can add extra strain on your body when you need it maximized for efficiency.

When to Stay Out of the Sun

Avoid peak hours of sunlight when the temperatures and UV rays are at their highest, normally between 10 a.m. and 2 p.m. Pay close attention to any heat-related warnings. When it's dangerous, stay inside with the A/C or fan going. If it's not cool enough at home, find a cooling station, usually set up at public libraries and other buildings. If you must be outside, keep your activities close to a shady spot. It can provide enough of a cool down to keep you safe. Even a small drop in temperature can make a big difference. When it's hot and you're active, stay close to restaurants, convenience stores, or any other place that can offer cold temperatures and beverages should you need them in an emergency. If you're at the beach or pool, the cool water offers great relief from the heat.

Be Prepared, Not Scared

Although we cannot prevent hurricanes, we can certainly prepare for them. If you are prepared with food (*items that require no refrigeration, preparation or cooking and little or no water*) and water (*1 gal. of water per person per day for at least 5 days*), an emergency can be an inconvenience instead of a disaster. Everyone has a personal responsibility to be prepared. Creating an emergency plan ahead of time for you and your family will help you stay organized if a hurricane strikes.



Your emergency plan should include a communication system, disaster supply kit, and an alternate meeting place if your home is unsafe. Depending on the severity of the hurricane, you may need to evacuate where you live. When instructions are given to evacuate, you will be directed to a temporary, emergency refuge that will provide a safe haven for the duration of the storm. However, it is recommended that you first try to seek refuge with a friend or family member located away from the affected area. You will be more comfortable on a friend's couch than on a cot in a shelter. For safety tips on hurricanes and other emergencies visit:

www.Ready.gov



Did you hear the big news?

Able Health Care Service is now partners with Mobile Health, a national Occupational Health Provider.

Get all your annual compliance exams done at any Mobile Health location **AT NO ADDITIONAL COST** and results will automatically be forwarded to Able Health Care Service.

3 Tips to Successful Appointments:

1. Keep a look out for a letter in the mail from Mobile Health to confirm your appointment.
2. **Need to reschedule?** No problem. Visit www.mobilehealth.net/appt and request a new appointment date OR call **(212) 695-5122**.
3. Show up at the right time and location (no more than 30 minutes early or late) for faster service.

?Escuchaste las grandes noticias?

Able Health Care Service es ahora socio de Mobile Health, un proveedor nacional de salud ocupacional.

Obtenga todos sus exámenes de cumplimiento anual realizados en cualquier de las localizaciones de Mobile Health **sin costo adicional** y los resultados se enviaran automaticamente a Able Health Care Service.

3 Consejos Para Una Cita Excitosa

1. Manténgase atento a la notificación que va recibir en su correo de parte de Mobile Health confirmando su cita.
2. **Necesita cambiar su cita?** No Hay problema. Visite la pagina al www.mobilehealth.net/appt o llame al **212-695-5122**.
3. Por favor de llegar a su cita a la hora indicada y a la clinica correcta (no mas de 30 minutos antes) para un servicio mas rapido y eficiente.

Time and Attendance, Call In and Out



Each case is assigned a specific schedule. You are only permitted to work the hours you are scheduled to work – these are the hours that the patient has been approved to receive care. When your work or shift at a patient’s home is finished, you are required to leave the patients’ premises immediately. Your shift ends when you finish working, and it begins when you begin working. Typically, the scheduled shift hours correlate to the work hours. But if you perform any work that is beyond your scheduled shift (e.g., you arrive late to the shift or you leave late), you must identify the actual time you started and ended working. All caregivers must record their actual hours/visits worked through the use of a timesheet and/or telephony. Federal and State laws require that accurate records be kept of your hours worked each workday and each workweek. Caregivers will be paid for all hours worked.

You cannot extend or shorten your shift without prior Company approval. If, for any reason, you must work hours that are longer or shorter than your scheduled hours, or you are unable to report to work, you must notify your branch immediately and sufficiently in advance. You must explain the reason for the change in your work schedule. If you do not call the office and obtain permission before working more on a particular shift than you were scheduled to work and, as a result, your hours exceed the hours that you were scheduled to work, we reserve the right to not pay you for that time. Exceptions to this rule will be made on a case-by-case basis, to ensure employees are paid for all hours of work. But caregivers who do not call the branch or do not otherwise obtain approval before extending their shift will be required to explain the circumstances for not obtaining approval and the circumstances that necessitated the extension of the scheduled work hours.

Examples	
<ul style="list-style-type: none"> • Replacement arrives late • Must stay with patient for any reason 	Call the Branch immediately or as soon as reasonably possible. You will be paid for the time spent waiting for your replacement or staying with the patient.
Serious Violations	Consequence
<ul style="list-style-type: none"> • Working unauthorized days • Working unauthorized additional time • Falsifying time sheet • Allowing someone else to call in or call out for you • No Call/No Show 	Disciplinary action up to and including termination.
<ul style="list-style-type: none"> • Patient asks you to extend scheduled work hours 	Call the Branch immediately or as soon as reasonably possible. You may not agree to the patient’s request without first speaking to the branch. If you cannot reach someone at the branch, wait until you hear back. You will be paid for the waiting time. If you violate this directive, disciplinary action up to and including termination may be imposed.
<ul style="list-style-type: none"> • Patient asks you to change your workdays 	Call the Branch immediately or as soon as reasonably possible. You are not authorized to agree to the patient’s request without first speaking to the branch. If you violate this directive, disciplinary action up to and including termination may be imposed.

New York Paid Family Leave

New York's Paid Family Leave program provides wage replacement to employees to help them bond with a child, care for a close relative with a serious health condition, or help relieve family pressures when someone is called to active military service. Employees are also guaranteed to return to their job and continue their health insurance. If you contribute to the cost of your health insurance, you must continue to pay your portion of the premium cost while on Paid Family Leave.

The Paid Family Leave benefits will be funded through employee paycheck deductions. Employers are not responsible for contributing to or funding paid family leave benefits. An employee who works 20 hours or more per week is eligible for Paid Family Leave benefits if the employee works for a covered employer for 26 or more consecutive weeks.

Beginning July 1, 2017 employers will start collecting employee contributions of up to 0.126 percent of employee's weekly wages and as of January 1, 2018 employees will be eligible for Paid Family Leave benefits.

Paid Family Leave Benefits

Paid family leave benefits will be phased in over a four-year period, beginning Jan. 1, 2018. When fully implemented in 2021, eligible employees may receive up to 12 weeks of paid family leave at 67 percent of their average weekly wages.

The amount of paid family leave benefits will be phased in as follows:

Date	Maximum Benefit within 52-week Period	Paid Family Leave Benefit
Jan. 1, 2018	8 weeks	50 percent of the employee's average weekly wage
Jan 1, 2019	10 weeks	55 percent of the employee's average weekly wage
Jan. 1, 2020	10 weeks	60 percent of the employee's average weekly wage
Jan. 1, 2021	12 weeks	67 percent of the employee's average weekly wage

For further information contact Human Resources.

El programa de Licencia Familiar Pagadas de Nueva York provee reemplazo salarial a los empleados para ayudarles a mantener un vínculo con un niño, cuidar a un pariente cercano con una condición de salud seria o ayudar a aliviar las presiones de la familia cuando alguien es llamado al servicio militar activo. Los empleados también están garantizados para volver a su trabajo y continuar con su seguro de salud. Si usted contribuye al costo de su seguro de salud, debe continuar pagando su porción del costo de la prima durante la licencia familiar pagada.

Los beneficios de la Licencia Familiar Pagada se financiarán a través de las deducciones de los sueldos de los empleados. Los empleadores no son responsables de contribuir o financiar los beneficios de Licencia Familiar Pagadas. Un empleado que trabaja 20 horas o más por semana es elegible para los beneficios por licencia familiar pagada si el empleado trabaja para un empleador cubierto por 26 o más semanas consecutivas.

A partir del 1 de julio de 2017, los empleadores comenzarán a cobrar contribuciones de hasta un 0,126 por ciento de los salarios semanales de los empleados ya partir del 1 de enero de 2018 los empleados serán elegibles para los beneficios de la licencia familiar pagada.

Beneficios de la licencia familiar pagada

Los beneficios de Licencia Familiar Pagada se aplicarán gradualmente en un periodo de cuatro años, comenzando el 1 de enero de 2018. Cuando se implementen plenamente en 2021, los empleados elegibles podrán recibir hasta 12 semanas de licencia familiar pagada al 67 por ciento de su salario semanal promedio.

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.

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 nomina. 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 medico. 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.

Important Message Regarding Eligibility for Health Insurance

The calculation for Health Insurance eligibility will change effective July 1, 2017. In order to qualify for health insurance coverage with Able an employee must work an average of 130 hours or more per month. Able will review your work hours during a 6 month measurement period. At the end of that period you will have 2 months to enroll. Human Resources will send a notification indicating your eligibility. If you elect not to enroll during the administrative period, which is the 2 month period after the measurement period, you may not enroll until the next Administrative period. Able will continue to provide the option for non-full time employees, as measured under this standard, to continue receiving health insurance at an increased salary deduction rate.



Proceso Nuevo: Elegibilidad del Seguro de Salud

Empleados de Medio Tiempo

El cálculo para la elegibilidad del seguro de salud cambiará a partir del 1 de julio de 2017. Para calificar para la cobertura del seguro de salud, el empleado debe trabajar un promedio de 130 horas o más por mes. Able Health Care revisará sus horas de trabajo durante un período de medición de 6 meses. Al final de ese período usted tendrá 2 meses para inscribirse. Recursos Humanos enviará una notificación indicando su elegibilidad. Si usted elige no inscribirse durante el período administrativo, que es el período de 2 meses después del período de medición, no podrá inscribirse hasta el próximo período administrativo. Able Health Service seguirá ofreciendo otra opción para los empleados que no califican, esa opción será un costo más alto.

Open Enrollment or Special Enrollment (Full Time Employees)

Full-Time employees may only enroll during open enrollment or special events (i.e. Losing individual health coverage for a plan you bought yourself, losing eligibility for Medicaid or Medicare or losing coverage through a family member).

Premiums must be kept current in order to maintain your health insurance. If you have any questions regarding this information, please contact the Corporate Human Resources Department.

Empleados de Tiempo

Los empleados de tiempo completo sólo pueden inscribirse durante la inscripción abierta o cuando tenga un eventos especial (es decir, perder la cobertura de salud individual para un plan privado, perder la elegibilidad de Medicaid o Medicare o perder la cobertura a través de un miembro de la familia). Para más informacion comuníquese con el Departamento de Recursos Humanos.

Las primas deben mantenerse actualizadas para mantener su seguro de salud. Si tiene alguna pregunta sobre esta información, comuníquese con el Departamento de Recursos Humanos de Able Health Care.

INSERVICE SCHEDULE 3rd QUARTER 2017

LOCATION: BROOKLYN

Date	Time	Subject	Time	Subject
Monday, 7/10	9:00 - 12:00	Home Safety	1:00 - 4:00	N/A
Wednesday, 7/12	9:00 - 12:00	OSHA	1:00 - 4:00	N/A
Friday, 7/14	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice
Monday, 8/7	9:00 - 12:00	Working with Combative and Difficult People	1:00 - 4:00	N/A
Friday, 8/11	9:00 - 12:00	Hospice	1:00 - 4:00	Special Needs
Monday, 8/14	9:00 - 12:00	OSHA	1:00 - 4:00	N/A
Wednesday, 8/16	9:00 - 12:00	Recognizing/Reporting Abnormal Observations	1:00 - 4:00	N/A
Wednesday, 8/23	9:00 - 12:00	OSHA	1:00 - 4:00	N/A
Monday, 9/11	9:00 - 12:00	Talking About Death	1:00 - 4:00	N/A
Wednesday, 9/13	9:00 - 12:00	OSHA	1:00 - 4:00	N/A
Friday, 9/15	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice
Monday, 9/18	9:00 - 12:00	Vitals	1:00 - 4:00	N/A
Wednesday, 9/20	9:00 - 12:00	OSHA	1:00 - 4:00	N/A
Monday, 9/25	9:00 - 12:00	Reducing/Preventing Readmission to Hospital	1:00 - 4:00	N/A

LOCATION: WHITE PLAINS

Date	Time	Subject	Time	Subject
Tuesday, 7/11	9:00 - 12:00	Home Safety	1:00 - 4:00	N/A
Thursday, 7/13	9:00 - 12:00	OSHA	1:00 - 4:00	N/A
Tuesday, 8/8	9:00 - 12:00	OSHA	1:00 - 4:00	N/A
Thursday, 8/10	9:00 - 12:00	Hospice	1:00 - 4:00	Special Needs
Tuesday, 8/15	9:00 - 12:00	Working with Combative and Difficult People	1:00 - 4:00	N/A
Thursday, 8/17	9:00 - 12:00	Recognizing/Reporting Abnormal Observations	1:00 - 4:00	N/A
Thursday, 8/24	9:00 - 12:00	OSHA	1:00 - 4:00	N/A
Tuesday, 9/12	9:00 - 12:00	Talking About Death	1:00 - 4:00	N/A
Thursday, 9/14	9:00 - 12:00	OSHA	1:00 - 4:00	N/A
Tuesday, 9/19	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice
Thursday, 9/21	9:00 - 12:00	Vital Signs	1:00 - 4:00	N/A
Tuesday, 9/26	9:00 - 12:00	OSHA	1:00 - 4:00	N/A
Thursday, 9/28	9:00 - 12:00	Reducing/Preventing Readmission to Hospital	1:00 - 4:00	N/A

INSERVICE SCHEDULE 3rd QUARTER 2017 (Continued)

LOCATION: ISLANDIA

Date	Time	Subject	Time	Subject
Monday, 8/14	2:00 - 5:00	Talking About Death	6:00 - 9:00	Talking About Death
Monday, 8/21	2:00 - 5:00	Complementary and Alternative Medicine	6:00 - 9:00	Complementary and Alternative Medicine

LOCATION: HEMPSTEAD

Date	Time	Subject	Time	Subject
Monday, 7/17	9:00 - 12:00	Special Needs	1:00 - 4:00	Cultural Competency
Tuesday, 7/18	9:00 - 12:00	Hospice Care	1:00 - 4:00	Understanding the Human Body
Wednesday, 7/19	9:00 - 12:00	Common Cardiac Conditions	1:00 - 4:00	Vital Signs
Thursday, 7/20	9:00 - 12:00	Women's Health Issues	1:00 - 4:00	Care of the Cancer Patient
Monday, 7/24	10:00 - 1:00	OSHA	1:00 - 4:00	N/A
Tuesday, 7/25	9:00 - 12:00	OSHA	1:00 - 4:00	HHA's Role in Ostomy Care
Wednesday, 7/26	10:00 - 1:00	Common Musculoskeletal Disorders	1:00 - 4:00	N/A
Thursday, 7/27	9:00 - 12:00	OSHA	1:00 - 4:00	Working With the Visually Impaired
Monday, 7/31	10:00 - 1:00	OSHA	1:00 - 4:00	N/A
Tuesday, 8/1	9:00 - 12:00	OSHA	1:00 - 4:00	Alzheimer's Disease
Wednesday, 8/2	9:00 - 12:00	Aide's Role in Medication Assistance	1:00 - 4:00	Mental Illness
Thursday, 8/3	9:00 - 12:00	Diabetes and the Care of the Diabetic Client	1:00 - 4:00	Vital Signs
Monday, 8/7	10:00 - 1:00	OSHA	1:00 - 4:00	N/A
Tuesday, 8/8	9:00 - 12:00	OSHA	1:00 - 4:00	Special Needs
Wednesday, 8/9	10:00 - 1:00	Respiratory Diseases and Oxygen Therapy	1:00 - 4:00	N/A
Thursday, 8/10	10:00 - 1:00	OSHA	1:00 - 4:00	N/A
Tuesday, 9/5	9:00 - 12:00	OSHA	1:00 - 4:00	Falls and Risk Prevention

LOCATION: QUEENS

OSHA/SKILLS

EVERY TUESDAY & EVERY FRIDAY - 2 SESSIONS EACH DAY

9:00 a.m. - 1:00 p.m. / 1:30 p.m. - 5:30 p.m.

Date	Time	Subject	Time	Subject
Monday, 7/3	9:00 - 12:00	Understanding Diabetes	1:00 - 4:00	Understanding CVA's
Thursday, 7/6	9:00 - 12:00	Hepatitis B	1:00 - 4:00	Understanding Fatigue
Monday, 7/10	9:00 - 12:00	Hospice	1:00 - 4:00	Special Needs
Thursday, 7/13	9:00 - 12:00	Cultural Diversity	1:00 - 4:00	Pertussis Whooping Cough
Monday, 7/17	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice
Wednesday, 7/19	9:00 - 12:00	Understanding Depression	1:00 - 4:00	Intimacy in the Elderly
Thursday, 7/20	9:00 - 12:00	Fall Risk Factors	1:00 - 4:00	Building Trust & Confidence
Monday, 7/24	9:00 - 12:00	Working in Kosher Homes	1:00 - 4:00	Home Care Safety
Wednesday, 7/26	9:00 - 12:00	Total Knee Replacement	1:00 - 4:00	Reducing & Preventing Readmission to the Hospital
Thursday, 7/27	9:00 - 12:00	Hospice	1:00 - 4:00	Special Needs
Monday, 7/31	9:00 - 12:00	Schizophrenia	1:00 - 4:00	Bipolar Disorder
Wednesday, 8/2	9:00 - 12:00	Adult Substance Abuse	1:00 - 4:00	Child Growth & Development
Thursday, 8/3	9:00 - 12:00	Arthritis	1:00 - 4:00	Feeling Comfortable w/ People who have Disability
Monday, 8/7	9:00 - 12:00	Drug Resistant Bacteria	1:00 - 4:00	Health Care System
Wednesday, 8/9	9:00 - 12:00	Dealing with family Members	1:00 - 4:00	Understanding Medical Machines
Thursday, 8/10	9:00 - 12:00	Maslow's Hierarchy of Needs	1:00 - 4:00	Healthy Meal Planning & Nutrition
Monday, 8/14	9:00 - 12:00	Hospice	1:00 - 4:00	Special Needs
Wednesday, 8/16	9:00 - 12:00	Workplace Violence	1:00 - 4:00	Using Technology with Seniors
Thursday, 8/17	9:00 - 12:00	Role of Animals in Healing	1:00 - 4:00	Activity & the Elderly
Monday, 8/21	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice
Wednesday, 8/23	9:00 - 12:00	Osteoporosis & Bone Loss	1:00 - 4:00	Preventing Pressure Sores
Thursday, 8/24	9:00 - 12:00	Understanding Shingles	1:00 - 4:00	Humor in Healing
Monday, 8/28	9:00 - 12:00	Diabetes	1:00 - 4:00	Ethical Dilemmas
Wednesday, 8/30	9:00 - 12:00	Multiple Sclerosis	1:00 - 4:00	Normal Aging Process
Thursday, 8/31	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice
Wednesday, 9/6	9:00 - 12:00	Talking about death	1:00 - 4:00	Disaster Planning
Thursday, 9/7	9:00 - 12:00	Hepatitis Update	1:00 - 4:00	Living with MRSA
Monday, 9/11	9:00 - 12:00	Caring for clients after Orthopedic surgery	1:00 - 4:00	Standard Precautions
Wednesday, 9/13	9:00 - 12:00	Tuberculosis Update	1:00 - 4:00	HIV/AIDS
Thursday, 9/14	9:00 - 12:00	Hospice	1:00 - 4:00	Special Needs
Monday, 9/18	9:00 - 12:00	Dementia	1:00 - 4:00	Keeping your Patient Healthy
Wednesday, 9/20	9:00 - 12:00	Norovirus	1:00 - 4:00	CPR
Thursday, 9/21	9:00 - 12:00	Excellent Client Care	1:00 - 4:00	Health Care Financing
Monday, 9/25	9:00 - 12:00	Performing Mouth Care	1:00 - 4:00	T.B.I.
Wednesday, 9/27	9:00 - 12:00	The Kosher Experience	1:00 - 4:00	Hoarding
Thursday, 9/28	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice



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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:

Queens718-779-7000
Brooklyn.....718-222-1200
Nassau516-933-7000
Suffolk631-952-0500

Able Health Care Licensed Home Care Agency:

Queens718-458-0800
Nassau516-933-7000
 516-292-0100
Suffolk631-952-0500
White Plains914-683-9400

Recruitment Offices:

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

Health Word Search

V S F S J A E G S V H S E E Y L A Q
T Y N G J I G N E T U E X W A T E R
R M A N B R Z R I R R E A K J S W Y
E P L U F E N N I C R E D R G R B M
S T L L O T P V E C I O S D T I Z L
A O E Y O C G M I G O D F S Y D O B
E M R D D A K S Z L Y E E D Y C Y K
S S G I D B E Q B F H X O M I A F B
I U Y E N E I G Y H N C O E S R U N
D K U Y H O G F T T T C B R E O V C
R U Y I M G G P G O O D D N Y A Z X
H O S P I T A L R L P A N C R B Y O
K Q T N Q U E D D Q Y T N H P D O S

ALLERGY	COLD	FOOD	LUNGS	STRESS
BACTERIA	DISEASE	HEART	MEDICINE	SYMPTOMS
BLOOD	DOCTOR	HOSPITAL	NURSE	VIRUS
BODY	EXERCISE	HYGIENE	OXYGEN	WATER

In-service Schedule on pages 6 and 7 for July, August and September 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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