

The Able Times

From the Desk of Michael Shapiro, President

How to Build Trust with Your Patient



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My mother's home health aide, Sharon, was with my mother for the last year of her life. She was on hospice due to a failing heart and other health issues. Before Sharon arrived she was very worried; would they get along, would she be kind, among other concerns she had. I was there with my mother at that time and saw firsthand how well they bonded. Within a half hour it was as if they were lifelong friends.

Sharon and mom could talk for hours. She knew how to get mom to do the few exercises that were prescribed, how to get her to walk as much as possible, and she also knew when mom needed to rest. Sharon was a tireless and cheerful home health aide. She wasn't there just for my mom; she was also our connection with mom from far away. Since we lived 1,500 miles away, the assurance that Sharon was with mom every day taking care of her needs and treating her with kindness was such a relief to us.



A loving, capable home health aide can make the difference between a successful or failing caregiving plan. Every day Sharon kept mom engaged, made sure she took her meds, ate healthy meals and reported any changes. Although mom had competent aides assisting her on the weekends, she missed Sharon and looked forward to her return on Monday.

According to the U.S. Bureau of Labor Statistics, in 2016 there were nearly 3 million home health aides tending to older Americans and those with disabilities. For their hard work, they made a modest living – but the good they do is priceless.

There are ways that caregivers can bond with their patient and make everyone's life more satisfying:

Consistency: Working one on one on a regular basis with your patient. When an aide and patient are well matched, minimizing replacements is desirable if multiple shifts aren't required. A revolving door of new aides means that caregivers have to bring stranger after stranger up to speed. If it's possible for only one aide to provide care, the two of you are more likely to develop familiarity and mutual appreciation over time. It is also important to be familiar with other aides for times when the primary aide may not be available because of emergencies or illness.

Good rapport: Matching the needs of the patient with skills and personality of the caregiver. Chemistry matters. Are you and your patient able to communicate well, have some things in common? Some caregivers have that special ability to brighten up their patient's day and make them feel special and they in turn feel appreciated and respected.

Understanding the specific needs of your patient: Although aides are trained and directed by the Agency and the supervising nurse, they need to know the particular needs and situation of the patient. What is unique about your patient? What does she need? What does she like? A patient and loving touch will help patients feel comfortable with their caregiver and be more cooperative to ensure they can communicate their needs and receive the care they require.

Connect with the person providing personal care: In the course of their normal duties of showering, dressing and sometimes toileting older adults, home health aides develop a special closeness with your vulnerable loved ones. To make this more comfortable for all involved, it is vital to get to know the often kind, caring person attached to the strong arms.

Mutual respect and understanding: Many aides are immigrants from other countries that have cultural traditions of deep respect for elders. They often have compelling stories to tell, if you ask them, of their own lives and struggles. Hearing those stories — and sharing your family's background in turn — is usually the first step toward establishing a close bond.



From the Desk of Sandra Weintraub, Executive Director

Heading outside for a walk, camping or just to the pool use these tips to avoid bug bites, sunburns and other summertime illnesses/problems.

Make yourself unattractive to mosquitos or other bugs – don't use scented soaps, perfumes or hair spray. ☀️ Avoid areas where insects gather such as pools of still water, uncovered foods and gardens where flowers are in bloom. ☀️ Use Bug spray with DEET. This chemical wards off ticks and mosquitoes who may carry Lyme disease or West Nile virus. ☀️ Do not wear flip flops – they can cause a fall. ☀️ Drink water at least every 20 minutes to prevent dehydration and heat stroke. (Some medical conditions may limit water intake so ask your doctor) ☀️ Use sunscreen to prevent sunburns. Make Sure it offers UVA and UVB protection, has an SPF of 30 or higher and is water resistant. Reapply every 2 hours. ☀️ Having a picnic – keep food cold and be careful with mayonnaise. ☀️ Going swimming at the beach or pool – make sure there is a life guard on duty.



Summer is a great time to have fun with friends and family. Make sure you have a great one by making sure you are safe.

Able's Hall of Fame

Celebrating Islandia's Finest Nurses Week 5/7/18 – 5/13/18



Jody, Kara, Kathleen M., Kathleen B., Karin

Administrative Professional Day



Jackie, Naomi, Amanda, Stephanie, Vivian, Manuela

Thank you for always going above & beyond in all you do.

Rosemary and I just want to tell you that the replacement aide you sent, Walquilla Leonpena, was excellent. She was efficient, hard-working, self-motivating and very kind and loving. We can't recommend her enough.

Sincerely, Rosemary S. and Pat H.

I wanted to write a letter thanking Able Health Care Service for their exceptional care and service they provided to my dad while he was on Hospice care.

I have dealt with other care agencies in the past, and without any hesitation or question, Able is by far the most exceptional. They provided a wonderful aide, Trianeisha Davis, who was very professional, kind, caring and experienced. Any administrative dealings I had with them were taken care of promptly.

I really appreciate getting the great service, and I know my dad appreciated it as well.

Sincerely, Bridget S.

In Loving Memory

On April 27, 2018 we lost a beloved member of the Able Family,

Alma Jean Willis.

Ms. Willis was born and raised in Wilkes County, Georgia and moved to Hempstead, NY in 1975 where she began her career at Swade Cleaners. In 1993 she joined Able as a Personal Care Aide where she took great care of her clients for over 24 years. She was a dedicated employee, always eager to work. She will be missed by all.



I just want you and your management to know how much we appreciated our Home Health Aide Tashona Wilson. She was a godsend to us. Of all the various aides we have had, she was by far the most caring, compassionate, well-trained and professional. My mother who is in hospice care and very ill, and has had a difficult time with various aides really liked her. She felt like a family member.

We were very sorry to have to let her go, but unfortunately we needed 24/7 care for mom so I could return to work, and we were approved for Medicaid Managed Long Term Care, so we couldn't afford to retain her. But I just want you to know how much we liked her, and thank you for sending us someone like her.

To Whom it May Concern: I am a Hospice Care Nurse and have the occasion to work with many home health aides who care for our dying patients. I am writing to compliment one of your aides, Gloria Freitas. She cared for my patient Augustina G. She and the patient made an immediate connection and she called her "my angel". Gloria provided compassionate, intelligent care and understood the goals and mission of hospice care. Her presence gave the patient's daughter Rose the peace of mind to rest as she is battling multiple medical conditions.

Gloria's sweet nature and soft voice provided comfort to everyone in the home.

I hope you will acknowledge Gloria for her wonderful care. You are lucky to have her as an employee. I look forward to working with her again in the future.

Sincerely, Lynn O., RN, BSN

Able's Hall of Fame (continued)

Able's SUPER Aide – Nicole Morning

Secondary to a presentation on Sepsis provided to clinical staff in Islandia, all patients, HHA/PCA's were educated regarding the signs and symptoms of Sepsis. One of our aides, NICOLE MORNING, took this information to heart. On 6/5/2018, Nicole began working with her patient and soon realized her patients' mental status had declined - she was sleepy and her urine had an odor. Nicole called the office and reported these findings to her Director of Nursing (DON). The DON called the patients' son, who is her emergency contact, and explained what was happening with his mother. The DON had a feeling that the son would not follow through.

The nurse called the MD office knowing the patient was having bloodwork drawn that morning at home by Apex Labs, and asked the MD to order a urinalysis as well. The MD requested the patient be seen. Nicole told the office the patient had a Dental appointment that afternoon but would call the MD to make an appointment ASAP. When the aide called the MD office she was told the earliest appointment they had was 4 days away. She explained the situation and that the MD wanted the patient to be seen and was told they could take her as a walk-in. The aide called the patients' MLTC to see if they would change her transportation destination to accommodate the MD appointment instead of her Dental appointment. They agreed to do so. Nicole called the Dental office to cancel and reschedule the patients' appointment. The lab came to draw the patients' blood, Nicole got the patient ready and off they went by ambulette to her MD appointment. They did have to wait for a while to be seen, but the patient was found to have a Urinary Tract Infection (UTI) and was placed on antibiotics and all symptoms are resolving.

Congratulations Nicole, your attention to detail, quick thinking and compassion when the family wouldn't step up saved this patient from possible hospitalization and Sepsis. Thank you for your hard work and dedication. It is truly appreciated. — Kathleen Baroletti, RN, DON Islandia



Islandia Celebrating their Aides for Mother's Day & Fathers Day 2018



A great time was had by all!

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.
5. Do not hang up until you hear the final prompt say Thank You and Goodbye. (this will only be heard on the call out after all tasks have been entered properly.)

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. Asegurese de usar el numero de telefono correcto, esto identificara a su paciente correctamente.
3. Asegurese de ingresar correctamente su numero de identificacion, esto le asegurara recibir credito por su visita.
4. Asegurese de ingresar con precision las tareas que usted hace para su paciente las cuales estan delineadas en su Plan de Cuidado.
5. No cuelgue hasta que escuche el ultimo mensaje decir Gracias y Adios. (Esto solo se escuchara en la llamada despues de haber entrado adecuadamente todas las tareas.)

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.

Sick and Safe Leave

Able Health Care Service has expanded its Sick Leave policy to allow employees to use their paid leave if they or a family member have been the victim of any act or threat of domestic violence, unwanted sexual contact, stalking, or human trafficking in order to plan their next steps and focus on safety without fear of penalty.

The updated policy will allow employees to take time off to restore their physical, psychological, and economic health or that of a family member. For example, individuals can take time off to:

- Obtain services from a domestic violence shelter, rape crisis center, or other services program
- Participate in safety planning, relocate, enroll a child in a new school or take other actions to protect their safety or that of their family members
- Meet with an attorney or social service provider to obtain information and advice related to custody; visitation; matrimonial issues; orders of protection; immigration; housing; discrimination in employment, or consumer credit.
- File a domestic incident report with law enforcement or meet with a district attorney's office.

Accrual of sick and safe leave is at a rate of one hour of leave for every 24 hours worked, up to 40 hours per calendar year, and begins on employee's first day of employment. Employees can begin using accrued leave 120 days after their first day of work. Employees will be permitted to carry over up to 40 hours of unused safe and sick leave from one calendar year to the new calendar year.

To use sick or safe leave, you must notify Able, in writing, a minimum of seven (7) days in advance. This will ensure a replacement is found for the assignment, if foreseeable. If unforeseeable, as soon as reasonably possible. A minimum of four (4) hours must be used for sick or safe leave. Leave of more than three (3) consecutive workdays of safe or sick leave will require documentation signed by (1) a licensed health care provider for use of sick leave; or (2) reasonable documentation from social service provider, attorney, court, law enforcement, clergy member, or notarized letter by you indicating the need for safe leave. Able will not ask you the reason why you are using safe or sick leave, except if it is required by other state or federal laws.

The updated policy can be found in your employee handbook. For further information please contact Human Resources.



Ausencia Laboral por Enfermedad y por Seguridad

Able Health Care Service ha expandido su póliza por Ausencia Laboral por Enfermedad para permitirle a los empleados usar su licencia paga en caso de que ellos o un miembro familiar haya sido víctima de algún acto o amenaza de violencia domestica, contacto sexual no consentido, acoso, o tráfico de persona, de manera que puedan planear sus próximos pasos y enfocarse en su seguridad sin miedo de penalidad.

La póliza actualizada permitirá a los empleados tomar días libres para restaurar su estado físico, psicológico, y salud económica o la de un miembro familiar. Por ejemplo, los individuos pueden tomar días libres para:

- Obtener servicios de un albergue por violencia domestica, centro de crisis por violación, o cualquier otro programa de servicios
- Participar en la planificación de seguridad, reubicación, enrolamiento de un niño a una nueva escuela o tomar otras acciones para proteger su seguridad o la un miembro familiar
- Visitar a un abogado o a un proveedor de servicios sociales para obtener información y orientación en relación a la custodia; visitas; problemas matrimoniales, ordenes de protección; inmigración; vivienda; y discriminación en el empleo, o crédito de consumo.
- Reportar un incidente domestico a oficiales de la ley o visitar la oficina del abogado de distrito.

El radio de acumulación de la ausencia laboral por enfermedad y por seguridad equivale a una hora de ausencia laboral por cada 24 horas trabajadas, hasta 40 horas de calendario anual, y comienza desde el primer día de empleo. Los empleados pueden comenzar a usar su ausencia laboral acumulada 120 días después de su primer día de trabajo. A los empleados se les permitirá juntar 40 horas de la ausencia por seguridad y por enfermedad por año calendario a nuevo año calendario.

Clarity Transportation Card

Effective January 1, 2018, Able Health Care Service stopped contributing 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.

A partir del 1 de enero de 2018, Able Health Care Service dejó de contribuir al Programa de transporte 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 puede hacer aportaciones de impuestos antes deducciones. Para inscribirse en el plan de Clarity hable con su Coordinador(a) de Conformidad.

Para usar la ausencia laboral por enfermedad o por seguridad, usted debe notificar a Able, por escrito, con un mínimo de siete (7) días de anticipación. Esto asegurara que el reemplazo sea encontrado para la tarea, si se pudiese prever. Si no se puede prever, lo mas prontamente como sea razonablemente posible. Un mínimo de cuatro (4) horas deben ser usadas por ausencia laboral por enfermedad o por ausencia laboral por seguridad. Ausencia de mas de tres (3) días consecutivos de trabajo por ausencia laboral por seguridad o por enfermedad requerirá documentaciones firmada por un (1) proveedor de la salud licenciado para la Ausencia Laboral por Enfermedad; o (2) documentaciones razonables de algún proveedor de servicios sociales, abogado, corte, oficiales de la ley, miembros eclesiásticos, o una carta de usted notariada indicando la necesidad de Ausencia Laboral por Seguridad. Able no le preguntara la razón de porque usted esta usando Ausencia Laboral por Enfermedad o por Seguridad, excepto si es requerido por otras leyes federales o estatales.

La póliza actualizada puede ser encontrada en tu guía del empleado. Para mas información por favor contacte a Recursos Humanos.

Wage Parity

Able's Wage Parity Program is in compliance with Public Health Law 3614-c(3)(a)(iv) and labor Law 652.1(a). Beginning December 31, 2017 the required base wage for wage parity cases in NYC is \$13.00 per hour and \$11.00 per hour in Nassau, Suffolk and Westchester. The benefit portion of the total compensation for wage parity cases remains \$4.09 per hour in the NYC and \$3.22 per hour in Nassau, Suffolk and Westchester counties.



At Able, we are working diligently to ensure we provide the best possible compensation for the work you do. Many of our aides receive \$15 per hour in the City and \$13 per hour in Nassau, Suffolk, and Westchester. We provide a benefit package that meets or exceeds the minimum requirement, consistently improving the benefit structure.

Today, we are pleased to announce that Able is in the process of opening a new 401-A plan for our wage parity employees with Principal – a retirement plan

that Able will completely fund. This benefit will be a significant addition to Able's benefit package that also includes PTO and Sick time off, Health Insurance, Mobile Health compliance program, holiday pay, bonus programs, and more. We will provide more information of the 401-A plan development soon. We are ABLE!

Eugene Podskrebkin
Controller

Email is a Vital Tool



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.
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.

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!

ABLE'S 401(k) Program

We are half way through the year and it's a great time to think about opening a retirement savings account. Able offers a 401(k) administered through Empower Retirement. You must complete one year of service to enroll. The plan offers multiple investment options, loan provisions and much more. Three easy ways to enroll – online, telephone or by mail.

Please contact: Brett Berkman – (888) 356-8639 and 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 Merrill Lynch for assistance.



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 3rd QUARTER 2018

LOCATION: BROOKLYN

INSERVICE SCHEDULE TO BE DETERMINED

LOCATION: ISLANDIA

Date	Time	Subject	Time	Subject
Wednesday, 8/15	2:00 - 5:00	Seizure Awareness	6:00 - 9:00	Seizure Awareness

LOCATION: WHITE PLAINS

INSERVICE SCHEDULE TO BE DETERMINED

LOCATION: HEMPSTEAD

Date	Time	Subject	Time	Subject
Monday, 7/30	10:00 - 1:00	Lifting and Transferring Patients	2:00 - 5:00	Fall Prevention
Tuesday, 7/1	10:00 - 2:00	OSHA	1:00 - 4:00	N/A
Monday, 8/20	9:00 - 12:00	Vital Signs	1:00 - 4:00	AIDS
Tuesday, 8/21	10:00 - 1:00	The Human Body	2:00 - 5:00	Alzheimer's Disease
Wednesday, 8/22	10:00 - 2:00	OSHA	1:00 - 4:00	N/A
Thursday, 8/23	10:00 - 1:00	Vision Health	5:00 - 8:00	ADLs
Monday, 8/27	10:00 - 2:00	OSHA	1:00 - 4:00	N/A
Tuesday, 8/28	9:00 - 12:00	Stroke	1:00 - 4:00	Tuberculosis
Wednesday, 8/29	10:00 - 2:00	OSHA	1:00 - 4:00	N/A
Thursday, 8/30	9:00 - 12:00	Cultural Diversity in Healthcare	1:00 - 4:00	Vaccines
Tuesday, 9/4	10:00 - 2:00	OSHA	1:00 - 4:00	N/A
Monday, 9/10	9:00 - 12:00	Understanding Arthritis	1:00 - 4:00	Cardiac Conditions
Tuesday, 9/11	10:00 - 2:00	OSHA	1:00 - 4:00	N/A
Wednesday, 9/12	10:00 - 1:00	Understanding Neglect	2:00 - 5:00	Modified Diets
Thursday, 9/13	10:00 - 1:00	Aide's role with Medications	1:00 - 4:00	N/A
Wednesday, 9/19	5 pm - 8pm	Dealing with Difficult Behaviors	1:00 - 4:00	N/A
Thursday, 9/20	10:00 - 2:00	OSHA	1:00 - 4:00	N/A
Wednesday, 9/26	10:00 - 2:00	OSHA	1:00 - 4:00	N/A

INSERVICE SCHEDULE 3rd QUARTER 2018 (Continued)

LOCATION: QUEENS

<i>Date</i>	<i>Time</i>	<i>Subject</i>	<i>Time</i>	<i>Subject</i>
Monday, 7/2	9:00 - 12:00	Readmits: Preventing a Trip Back to the Hospital	1:00 - 4:00	Malnutrition and Dehydration
Tuesday, 7/3	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	OSHA/Skills
Wednesday, 7/4	9:00 - 12:00	Holiday	1:00 - 4:00	Holiday
Thursday, 7/5	9:00 - 1:00	Communication	1:00 - 4:00	Skin Care
Friday, 7/6	9:00 - 12:00	OSHA/Skills	1:00 - 4:00	OSHA/Skills
Monday, 7/9	9:00 - 1:00	No Class	1:00 - 4:00	No Class
Tuesday, 7/10	9:00 - 12:00	OSHA/Skills	1:00 - 4:00	OSHA/Skills
Wednesday, 7/11	9:00 - 12:00	Hospice Care	1:00 - 4:00	Special Needs
Thursday, 7/12	9:00 - 1:00	VBP-UTI, Sepsis, Electrolyte Imbalance	1:00 - 4:00	No Class
Friday, 7/13	9:00 - 12:00	No OSHA/Skills	1:00 - 4:00	No OSHA/Skills
Monday, 7/16	9:00 - 12:00	No Class	1:00 - 4:00	No Class
Tuesday, 7/17	9:00 - 12:00	OSHA/Skills	1:00 - 4:00	OSHA/Skills
Wednesday, 7/18	9:00 - 12:00	No Class	1:00 - 4:00	No Class
Thursday, 7/19	9:00 - 12:00	VBP-CHF,Respiratory Infections, Anemia	1:00 - 4:00	Readmits: Preventing a Trip Back to the Hospital
Friday, 7/20	9:00 - 12:00	No OSHA/Skills	1:00 - 4:00	No OSHA/Skills
Monday, 7/23	9:00 - 12:00	Cultural Diversity	1:00 - 4:00	No Class
Tuesday, 7/24	9:00 - 12:00	No OSHA/Skills	1:00 - 4:00	No OSHA/Skills
Wednesday, 7/25	9:00 - 12:00	No Class	1:00 - 4:00	Traumatic Brain Injury
Thursday, 7/26	9:00 - 12:00	No Class	1:00 - 4:00	No Class
Friday, 7/27	9:00 - 12:00	OSHA/Skills	1:00 - 4:00	No OSHA/Skills
Monday, 7/30	9:00 - 12:00	No Class	1:00 - 4:00	No Class
Tuesday, 7/31	9:00 - 12:00	OSHA/Skills	1:00 - 4:00	OSHA/Skills
Wednesday, 8/1	9:00 - 12:00	Communication	1:00 - 4:00	Skin Care
Thursday, 8/2	9:00 - 12:00	No Class	1:00 - 4:00	No Class
Friday, 8/3	9:00 - 12:00	No OSHA/Skills	1:00 - 4:00	No OSHA/Skills
Monday, 8/6	9:00 - 12:00	Decubitis Care	1:00 - 4:00	Heart Failure
Tuesday, 8/7	9:00 - 12:00	OSHA/Skills	1:00 - 4:00	OSHA/Skills
Wednesday, 8/8	9:00 - 12:00	The Stroke Patient	1:00 - 4:00	Spiritual and Psychological Needs
Thursday, 8/9	9:00 - 12:00	Standard Precautions	1:00 - 4:00	MRSA
Friday, 8/10	9:00 - 12:00	OSHA/Skills	1:00 - 4:00	OSHA/Skills
Monday, 8/13	9:00 - 12:00	Dementia	1:00 - 4:00	Oxygen Therapy
Tuesday, 8/14	9:00 - 12:00	OSHA/Skills	1:00 - 4:00	OSHA/Skills
Wednesday, 8/15	9:00 - 12:00	Malnutrition and Dehydration	1:00 - 4:00	The Cardiac Patient
Thursday, 8/16	9:00 - 12:00	Incontinence and Constipation	1:00 - 4:00	The Diabetic Patient
Friday, 8/17	9:00 - 12:00	OSHA/Skills	1:00 - 4:00	OSHA/Skills
Monday, 8/20	9:00 - 12:00	No Class	1:00 - 4:00	No Class
Tuesday, 8/21	9:00 - 12:00	OSHA/Skills	1:00 - 4:00	OSHA/Skills
Wednesday, 8/22	9:00 - 12:00	No Class	1:00 - 4:00	No Class
Thursday, 8/23	9:00 - 12:00	VBP-CHF,Respiratory Infections, Anemia	1:00 - 4:00	VBP-UTI, Sepsis, Electrolyte Imbalance
Friday, 8/24	9:00 - 12:00	No OSHA/Skills	1:00 - 4:00	No OSHA/Skills
Monday, 8/27	9:00 - 12:00	No Class	1:00 - 4:00	No Class
Tuesday, 8/28	9:00 - 12:00	OSHA/Skills	1:00 - 4:00	OSHA/Skills
Wednesday, 8/29	9:00 - 12:00	Orientation	1:00 - 4:00	Orientation
Thursday, 8/30	9:00 - 12:00	Orientation	1:00 - 4:00	Orientation
Friday, 8/31	9:00 - 12:00	OSHA/Skills	1:00 - 4:00	OSHA/Skills
Monday, 9/3	9:00 - 12:00	Holiday	1:00 - 4:00	Holiday
Tuesday, 9/4	9:00 - 12:00	OSHA/Skills	1:00 - 4:00	OSHA/Skills
Wednesday, 9/5	9:00 - 12:00	Arthritis	1:00 - 4:00	Cultural Diversity
Thursday, 9/6	9:00 - 12:00	VBP-UTI, Sepsis, Electrolyte Imbalance	1:00 - 4:00	VBP-CHF,Respiratory Infections, Anemia
Friday, 9/7	9:00 - 12:00	OSHA/Skills	1:00 - 4:00	OSHA/Skills
Monday, 9/10	9:00 - 12:00	Communication	1:00 - 4:00	Skin Care
Tuesday, 9/11	9:00 - 12:00	OSHA/Skills	1:00 - 4:00	OSHA/Skills
Wednesday, 9/12	9:00 - 12:00	Orientation	1:00 - 4:00	Orientation
Thursday, 9/13	9:00 - 12:00	Orientation	1:00 - 4:00	Orientation
Friday, 9/14	9:00 - 12:00	OSHA/Skills	1:00 - 4:00	OSHA/Skills
Monday, 9/17	9:00 - 12:00	Elder Abuse	1:00 - 4:00	Patients with Difficult Behaviors
Tuesday, 9/18	9:00 - 12:00	OSHA/Skills	1:00 - 4:00	OSHA/Skills
Wednesday, 9/19	9:00 - 12:00	Cultural Diversity	1:00 - 4:00	Readmits: Preventing a Trip Back to the Hospital
Thursday, 9/20	9:00 - 12:00	MRSA	1:00 - 4:00	Standard Precautions
Friday, 9/21	9:00 - 12:00	OSHA/Skills	1:00 - 4:00	OSHA/Skills
Monday, 9/24	9:00 - 12:00	Spiritual & Psychological Needs	1:00 - 4:00	The Stroke Patient
Tuesday, 9/25	9:00 - 12:00	OSHA/Skills	1:00 - 4:00	OSHA/Skills
Wednesday, 9/26	9:00 - 12:00	Orientation	1:00 - 4:00	Orientation
Thursday, 9/27	9:00 - 12:00	Orientation	1:00 - 4:00	Orientation
Friday, 9/28	9:00 - 12:00	OSHA/Skills	1:00 - 4:00	OSHA/Skills

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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

SYMPTOMS OF SEPSIS

- S** Shivering, fever, or very cold
- E** Extreme pain or general discomfort (“worst ever”)
- P** Pale or discolored skin
- S** Sleepy, difficult to rouse, confused
- I** “I feel like I might die”
- S** Short of breath



Watch for a combination of these symptoms. If you suspect sepsis, see a doctor urgently, CALL 911 or go to a hospital and say, “I AM CONCERNED ABOUT SEPSIS.”

SEPSIS.ORG

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

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