

The Able Times

From the Desk of Michael Shapiro, President;
Sandra Weintraub, CEO; and Gladys Wharton, HR Manager



October 2019
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Caregivers' Frequently asked Questions

Recently we asked our caregivers to complete questionnaires regarding their employment and the response was overwhelmingly positive. We strive to make your employment at Able as positive and rewarding as possible. Able is like a big family that cares for each other and treats everyone with respect, compassion and thoughtfulness. Some of the concerns and suggestions that our caregivers frequently ask are:

How do I get help with problems with my pay? There are many resources available to provide the information you are looking for. Start with your ADP login which will provide you with information about policy, pay statements, and accrued paid leave time (PTO and Sick). If there are problems with your pay contact your Service Coordinator or the Branch Payroll Coordinator for assistance. If the problem is not resolved, bring the matter to the attention of your Branch Manager.

Why is my pay sometimes late? Problems with pay are usually a result of errors entering clock in or outs through MVV, failure to enter tasks or missing timesheets. If you need assistance, contact your Service Coordinator or Branch Payroll Coordinator. For training with MVV contact your Branch Manager.

Why can't I have cases closer to where I live and why are some cases so few hours? The number of hours authorized for a case are determined according to the patient's need for service, the health provider's evaluation, the patient's health benefits and government regulations. Able Service Coordinators work very hard to match Aides and Patient accordingly. Whenever possible, Service Coordinators search for Aides who are closer to the patient's residence.

Calling the branch is sometimes difficult. When I call for an assignment or other issues, I am put on hold and have to wait. The call is disconnected or I am asked to leave a message but no one gets back to me. We apologize for any inconvenience. We are working every day to improve our services. Should this happen please do not hesitate to call again and ask to speak to the Branch Manager or Human Resources.

If you don't feel you are receiving the help you need or have questions, complaints or concerns that are not being addressed please feel free to call or write to any of our administrators below.

PREGUNTAS FRECUENTES DE LOS CUIDADORES

Recientemente le pedimos a nuestros cuidadores que completaran cuestionarios sobre su empleo y la respuesta fue abrumadoramente positiva. Nos esforzamos para que su empleo en Able sea lo más positivo y gratificante posible. Able es como una gran familia que se preocupa por los demás y trata a todos con respeto, compasión y consideración. Algunas de las inquietudes y sugerencias que nuestros cuidadores solicitan con frecuencia son:

¿Cómo obtengo ayuda cuando tengo problemas con mi pago? Hay muchos recursos disponibles para proveer la información que está buscando. Comience con iniciar su sesión de ADP, que le proporcionará información sobre la política, las declaraciones de pago y el tiempo acumulado de vacaciones pagadas (PTO y Tiempo de Enfermedad). Si hay problemas con su pago, comuníquese con su Coordinador de servicios o con el Coordinador de nómina de pago de su sucursal para obtener ayuda. Si el problema no se resuelve, comuníquese el asunto a su gerente de sucursal.

¿Por qué mi pago a veces llega tarde? Los problemas con el pago generalmente son el resultado de errores al ingresar la entrada o salida horaria a través de MVV, la falta de ingreso de tareas o la falta de hojas de tiempo. Si necesita ayuda, comuníquese con su Coordinador de servicios o Coordinador de nómina de pago de su sucursal. Para entrenamiento de MVV contacte a su Gerente de Sucursal

¿Por qué no puedo tener casos más cerca de donde vivo y por qué algunos casos tienen tan pocas horas? El número de horas autorizadas para un caso se determina de acuerdo con la necesidad de servicio del paciente, la evaluación del proveedor de salud, los beneficios de salud del paciente y las regulaciones gubernamentales. Los Coordinadores de servicio de Able trabajan muy rigurosamente para que los cuidadores y el paciente coincidan consecuentemente. Siempre que sea posible, los Coordinadores de servicios buscaran cuidadores que vivan cerca de la residencia del paciente.

Llamar a la sucursal a veces es difícil. Cuando llamo para una tarea u otros problemas, me ponen en espera y tengo que esperar. La llamada se desconecta o se me pide que deje un mensaje, pero nadie me responde. Nos disculpamos por cualquier inconveniente. Estamos trabajando todos los días para mejorar nuestros servicios. Si esto sucede, no dude en volver a llamar y solicitar hablar con el Gerente de la sucursal o Recursos humanos.

Si siente que no está recibiendo la ayuda que necesita o tiene preguntas, quejas o inquietudes que no se están abordando, no dude en llamar o escribir a cualquiera de nuestros administradores:

Name - Nombre	Telephone - Teléfono	Email - Correo Electrónico
CEO: Sandra Weintraub	516-394-3215	sandraw@ablehealthcare.com
HR: Gladys Wharton (habla español)	516-394-3223	gladysw@ablehealthcare.com
President: Michael Shapiro	516-394-3222	michaels@ablehealthcare.com

Inside this Issue

- Able's Hall of Fame2-3
- Influential News.....3
- Visit our Facebook Page4
- Call In Call Out Reminders4
- Benefits4
- ADP Mobile Solutions5
- ADP Home Page5
- Able's 401(k) Program5
- Open Enrollment Reminder6
- 4th Quarter Inservices6-7
- Breast Cancer Awareness Month8

**Be someone's strength.
Be someone's inspiration.
Be someone's reason to
Never give up.**

Able's Hall of Fame



Employee Excellence

The Hempstead branch, would like to acknowledge **Michelle Ottey-Hamilton** for being an outstanding home health aide and a pleasure to work with. Michelle always has a positive attitude and is loved by her patients. We receive many calls from them raving about her professionalism and how she treats them with kindness and respect. She takes pride in her work as a home health aide - always following the Plan of Care and notifying the Agency of any changes. She dresses professionally and always wears her ABLE ID badge, along with her smile. She has been with Able for over 10 years and we appreciate her hard work, dedication, and loyalty.

and always wears her ABLE ID badge, along with her smile. She has been with Able for over 10 years and we appreciate her hard work, dedication, and loyalty.

I am writing to commend Dureen Bloomfield, the Home Health Aide from ABLE, on the excellent job she is doing caring for my sister. Dureen is dedicated to my sister's care and well-being. Dureen listens attentively to her, and anticipates her needs. She has been warm and encouraging, and I know my sister values Dureen's contributions as a home health aide in our household.

Although she is only in our home for a few hours a day, Dureen helps set the tone for the day, and gets my sister off to a good start. She helps her shower and assists with her morning activities. When my sister sits down for breakfast, she is refreshed, looking good and ready for the day.

I really appreciate Dureen. Her attention to my sister has made a difference in how engaged my sister feels. It's wonderful for my sister to have a dedicated companion in the home as she faces health challenges that are new to her.

Thank you to Dureen!
Sincerely, Pw

Dear Able,

"During a time like this we realize how much our family and friends really mean to us. Your expression of sympathy will always be remembered."

To Our Able Family Members:

For the almost past 3 years all of you became a part of our family. Able aides were here with us 24/7. Not only did they take care of M., they laughed with us, they cried with us and sometimes they had to put up with his frustrations.

My family and I will never forget the kindness, care and love given to him and our family. I couldn't have done it without "Able".

Love, T. and the M. Family



Pictured above is an excited group of trainees with instructor Margie Pothemont taking part in a White Plains Home Health Aide Training Program.

From left to right: Minerva Vargas, Eileen Green, Angela Gonzalez Ramirez and Instructor Margie Pothemont



Welcome
Baby Girl

Adelina Reyna Lewis
Born August 21, 2019

Congratulations

to proud parents Amanda and Marwin Lewis
and to new Grandma Naomi Garcia

Wishing the Lewis & Garcia Family the very best!



Merrick Street Fair

ABLE participated at the Merrick Street Fair on September 8th and 9th. The community appreciated hearing about the services we provide to our clients.

Able's Hall of Fame



A Warm welcome to Dorothy Sistrunk-Cook, Instructor for the Queens Branch. You'll be seeing Dorothy at all trainings, orientations and assisting Norma Sullivan with inservices.



Welcome
Baby Boy
Nyle Sewer
Born
August 24, 2019

Congratulations to Claribel Sewer and Family

Children's Hospital of Cincinnati

Sissy Rocco is 9 years old and the daughter of our much loved therapist, Dann Rocco. She decided to have a Lemonade stand fundraiser at the Able Health Care Branch in Islandia, NY to raise money to donate to the Airway Floor at the Children's Hospital in Cincinnati, Ohio. Her inspiration to raise money for this foundation is her older brother Andrew having complications in his airway when he was just an infant. A total of \$170 was raised and she plans to continue fundraising all year to donate when the family returns in the spring for a follow up with Andrew. Thankfully he is doing great and has fully recovered from his recent surgery.



We salute you Sissy for a job well done!

Sent: Friday, August 16, 2019 1:25 PM

To: Calvary Hospice DME HHA

Subject: Excellent HHAs

Could you please let Cynthia at Able know that HHAs Aneesha Cook and Leonard Mick are wonderful - both are providing our patients with a truly high standard of care - Very professional, compassionate and kind!!!

They deserve acknowledgment I think.
Thanks, S.W.

Influential News

Why should people get vaccinated against the flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently, but millions of people get the flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die from flu-related causes every year. Even healthy people can get very sick from the flu and spread it to others. CDC estimates that flu-related hospitalizations since 2010 ranged from 140,000 to 710,000, while flu-related deaths are estimated to have ranged from 12,000 to 56,000. During flu season, flu viruses circulate at higher levels in the U.S. population. ("Flu season" in the United States can begin as early as October and last as late as May.) An annual seasonal flu vaccine is the best way to reduce your risk of getting sick with seasonal flu and spreading it to others. When more people get vaccinated against the flu, less flu can spread through that community.

**GET YOUR
FLU SHOT!**



¿Por qué las personas deben vacunarse contra la gripe?

La gripe es una enfermedad grave que puede conducir a la hospitalización e incluso a la muerte. Cada temporada de influenza es diferente, y la infección por influenza puede afectar a las personas de manera diferente, pero millones de personas contraen la gripe cada año, cientos de miles de personas son hospitalizadas y miles o decenas de miles de personas mueren por causas relacionadas con la gripe cada año. Incluso las personas saludables pueden enfermarse de la gripe y transmitir a otros. CDC esta estimado que las hospitalizaciones relacionadas con la gripe desde 2010 carcula entre 140.000 a 710.000, mientras que las muertes relacionadas con la gripe se estima que han calculado de 12.000 a 56.000. Durante la temporada de gripe, los virus de la gripe circulan en niveles más altos en la población de los Estados Unidos. (La temporada de la gripe de los Estados Unidos puede empesar desde lo mas temprano de Octubre y dura hasta el final de mayo) Una vacuna contra la gripe estacional annual es la mejor manera de reducir el riesgo de enfermarse con la gripe estacional y transmitir a otros. Cuando más personas se vacunan contra la gripe, menos gripe puede transmitirse a través de esa comunidad.



Please Visit Our Facebook Page

Hello Able Health Care Employees, Clients and Friends...Able Health Care is now on Facebook and we'd love for you to check out our page! You'll find interesting articles, upcoming company events, open positions and much more. You can find us at <https://www.facebook.com/AblehealthcareNY/> or just search @ablehealthcareNY on Facebook.com and click on our profile picture.



Please help us build our social media presence and make our Facebook page a huge success by Liking our page, leaving a comment or review, and by sharing any of the posted articles that you find interesting. We hope you enjoy our Facebook page and look forward to hearing from you.

By Justin Markowitz, PHR, Human Resources Coordinator

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 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.
5. No cuelgue hasta que escuche el último mensaje decir Gracias y Adiós. (Esto solo se escuchará en la llamada después 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.

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

Health Insurance – Your health is important to us! We offer health insurance for you and your family with HIP. Prescription Benefits, vision and some dental coverage. HIP has an extensive network of doctors available near to your home or work. We offer four levels of coverage!

401K Retirement Plan – It's never too late to start saving for retirement. 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 – Affordable dental coverage for you and your family. The Guardian Dental plan offers two types of coverage. Dental cleanings and other services are at a discounted rate. Depending on your selection, Orthodontics may be included. Enroll today!

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

Direct Deposit – Receive your pay directly in your checking or savings account. Don't stand on long lines or pay check cashing fees. Receive your pay automatically. It's easy to enroll and see your pay statements on your mobile phone.

Referral Bonus – Refer a friend. You and your friend can each receive a bonus of \$150 each. Call your branch for details.

Aproveche los muchos beneficios que se le ofrecen Able Health Care a través de un empleo

Seguro Medico ;Su salud es importante para nosotros! Ofrecemos seguro de salud para usted y su familia con HIP. Beneficios de prescripción, visión y alguna cobertura dental. HIP tiene una amplia red de médicos disponibles cerca de su hogar o trabajo. ¡Ofrecemos cuatro niveles de cobertura!

401k Plan de Jubilación Nunca es tarde para comenzar a ahorrar para la jubilación. Elegible después de un año de empleo. El programa de jubilación y ahorro es siempre una ventaja. Participación es voluntaria. Puede aportar del 1% al 15% al plan en cada período de pago. El 401K plan de Able Health Care es una excelente manera de ahorrar para su jubilación.

Plan Dental Integral Cobertura dental asequible para usted y su familia. El plan de Guardian Dental ofrece dos tipos de cobertura. Las limpiezas dentales y otros servicios tienen una tarifa con descuento. Dependiendo de su selección, la ortodoncia puede ser incluida. ¡Inscríbete hoy!

Beneficios de Viaje Una tarjeta de débito que se puede usar para comprar pases de tránsito para el uso en los trenes, autobuses, trenes, ferry o UberPool de la Ciudad de Nueva York.

Programa de bonificación por medio de referencia Recomiende a un amigo o amiga para trabajar en Able Health Care. Usted y su amigo o amiga pueden cada uno recibir un bono de \$150. Para más información llame a su Sucursal de Able Health Care.

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!

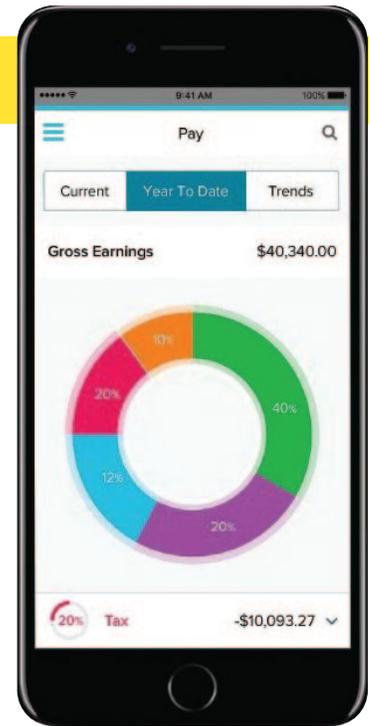
Note: Feature availability may vary based on your employer

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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ADP Home Page

Able Employees will find a wealth of information when they log onto the ADP Website. From your computer go to:

<https://workforcenow.adp.com/public/index.html>

The HOME PAGE is where you will find:

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

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

- ✓ Company Policies
- ✓ The Employee Handbooks
- ✓ Benefits Information
- ✓ Education
- ✓ Reminders
- ✓ Personal Information including pay stubs, personal profile

ABLE'S 401(k) Program

We encourage our employees to participate in Able's 401K plan, administered through Empower Retirement. You must complete 1 year of service to enroll. The plan offers multiple investment options, loan provisions and much more.

To help promote financial wellness in the workplace, we have financial advisers available through Merrill Lynch. They are committed to helping our employees with objective, personalized advice and guidance with your 401K accounts and overall financial plan. Please reach out to them for any questions or concerns - they are here to help:

Brett Berkman – (203) 3863-7641
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 contacts at Merrill Lynch for assistance.





Open Enrollment Reminder

Open Enrollment is coming up for medical and dental benefits. It will be from November 1st - December 16th. Able Health Care Service is in the process of finalizing the premium rates for 2020. We will continue to offer four levels of medical coverage through Emblem Health – HIP and two levels of dental coverage through Guardian. Summary Plan Descriptions and Rates will be distributed to your branches once they are available.

Please call Justin, HR Coordinator at 516-394-3245 or email him at Justinm@ablehealthcare.com if you have any questions.

INSERVICE SCHEDULE 4TH QUARTER 2019

LOCATION: BROOKLYN

INSERVICE SCHEDULE TO BE DETERMINED

LOCATION: WHITE PLAINS

Date	Time	Subject	Time	Subject
Tuesday, 10/1	9:00 - 12:00	Cultural Competency	1:00 - 4:00	Diabetes and the Diabetic Diet
Tuesday, 10/8	9:00 - 12:00	Care of the Cardiac Patient	1:00 - 4:00	Dynamics of Aging
Tuesday, 10/15	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Thursday, 10/17	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Tuesday, 10/29	9:00 - 12:00	Dealing with Difficult Behaviors	1:00 - 4:00	Professionalism and Accountability
Tuesday, 11/5	9:00 - 12:00	Malnutrition and Dehydration	1:00 - 4:00	Communication
Tuesday, 11/12	9:00 - 12:00	VBP-CHF, Respiratory Infection, Anemia	1:00 - 4:00	VBP-UTI, Electrolyte Imbalance, Sepsis
Tuesday, 11/26	9:00 - 12:00	HIV and STD's	1:00 - 4:00	LGBTQ
Tuesday, 12/3	9:00 - 12:00	Cultural Diversity	1:00 - 4:00	Readmissions-Preventing Trips Back to Hospital
Tuesday, 12/10	9:00 - 12:00	Diabetes and the Diabetic Diet	1:00 - 5:00	OSHA/Skills
Tuesday, 12/24	9:00 - 12:00	VBP-CHF, Respiratory Infection, Anemia	1:00 - 5:00	N/A

LOCATION: HEMPSTEAD

Date	Time	Subject	Time	Subject
Tuesday, 10/1	10:00 - 2:00	OSHA/Skills	1:00 - 4:00	N/A
Wednesday, 10/2	10:00 - 2:00	OSHA/Skills	1:00 - 4:00	N/A
Monday, 11/4	9:00 - 12:00	LGBTQ Health Issues	1:00 - 4:00	Women's Health Issues
Tuesday, 11/5	10:00 - 2:00	OSHA/Skills	1:00 - 4:00	N/A
Monday, 11/11	10:00 - 2:00	OSHA/Skills	1:00 - 4:00	N/A
Tuesday, 11/12	9:00 - 1:00	VBP-CHF, Respiratory Infections, Anemia	1:00 - 4:00	Abuse and Neglect of the Elderly
Wednesday, 11/13	9:00 - 12:00	VBP-UTI, Electrolyte Imbalance, Sepsis	1:00 - 4:00	The Human Body
Thursday, 11/14	10:00 - 2:00	OSHA/Skills	1:00 - 4:00	N/A
Wednesday, 11/20	10:00 - 2:00	OSHA/Skills	1:00 - 4:00	N/A
Thursday, 11/21	10:00 - 1:00	Dealing with Difficult Behaviors	1:00 - 4:00	N/A
Monday, 11/25	9:00 - 12:00	Activities of Daily Living	1:00 - 4:00	Fall Prevention
Tuesday, 11/26	9:00 - 12:00	Mental Illness	1:00 - 4:00	History of Vaccines
Monday, 12/2	9:00 - 12:00	Cultural Competency	1:00 - 4:00	Alzheimer's Disease
Tuesday, 12/3	10:00 - 2:00	OSHA/Skills	1:00 - 4:00	N/A
Monday, 12/9	9:00 - 12:00	ROM and Value of Therapeutic Exercise	1:00 - 4:00	Mental Illness
Tuesday, 12/10	9:00 - 12:00	The Human Body	1:00 - 4:00	Vital Signs
Wednesday, 12/11	10:00 - 2:00	OSHA/Skills	1:00 - 4:00	N/A
Thursday, 12/12	9:00 - 12:00	Body Mechanics	1:00 - 4:00	Ostomy Care
Wednesday, 12/18	9:00 - 12:00	Diabetes and the Diabetic Diet	1:00 - 4:00	Vision Health
Thursday, 12/19	10:00 - 2:00	OSHA/Skills	1:00 - 4:00	N/A
Monday, 12/23	9:00 - 12:00	Women's Health	1:00 - 4:00	N/A
Monday, 12/30	10:00 - 1:00	LGBTQ Health Issues	1:00 - 4:00	N/A

INSERVICE SCHEDULE 4TH QUARTER 2019 (Continued)

LOCATION: ISLANDIA

Wednesday, 10/16	2:00 - 5:00	Value Based Payments	6:00 - 9:00	Value Based Payments
Monday, 12/9	2:00 - 5:00	Nutrition and Dehydration	6:00 - 9:00	Nutrition and Dehydration

LOCATION: QUEENS

<i>Date</i>	<i>Time</i>	<i>Subject</i>	<i>Time</i>	<i>Subject</i>
Wednesday, 10/2	9:00 - 12:00	Cultural Diversity	1:00 - 5:00	OSHA/Skills
Friday, 10/4	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Monday, 10/7	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice
Tuesday, 10/8	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Thursday, 10/10	9:00 - 12:00	The Stroke Patient	1:00 - 4:00	The Diabetic Patient
Tuesday, 10/15	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Wednesday, 10/16	9:00 - 12:00	Adult Substance Abuse	1:00 - 5:00	OSHA/Skills
Friday, 10/18	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Monday, 10/21	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice
Wednesday, 10/23	9:00 - 12:00	Professionalism & Accountability	1:00 - 5:00	OSHA/Skills
Thursday, 10/24	9:00 - 12:00	Dealing with Difficult People	1:00 - 4:00	Safety in the Home
Tuesday, 10/29	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Monday, 11/4	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice
Tuesday, 11/5	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Wednesday, 11/6	9:00 - 12:00	Nutrition and Dehydration	1:00 - 5:00	OSHA/Skills
Thursday, 11/7	9:00 - 12:00	VBP-CHF, Respiratory Infections, anemia	1:00 - 4:00	VBP-UTI, Elect. Imbalance, Sepsis
Friday, 11/8	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Monday, 11/11	9:00 - 12:00	Skin Care	1:00 - 4:00	Working with Difficult People
Tuesday, 11/12	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Friday, 11/15	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Monday, 11/18	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice
Tuesday, 11/19	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Wednesday, 11/20	9:00 - 12:00	LGBT Client	1:00 - 5:00	OSHA/Skills
Thursday, 11/21	9:00 - 12:00	Lifting & Transferring Patients	1:00 - 4:00	The Cardiac Patient
Friday, 11/22	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Monday, 11/25	9:00 - 12:00	Communication	1:00 - 4:00	Nutrition
Tuesday, 11/26	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Wednesday, 11/27	9:00 - 12:00	Arthritis	1:00 - 4:00	N/A
Monday, 12/2	9:00 - 12:00	The Cancer Patient	1:00 - 4:00	Elder Abuse
Tuesday, 12/3	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Friday, 12/6	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Monday, 12/9	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice
Tuesday, 12/10	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Wednesday, 12/11	9:00 - 12:00	Professionalism & Accountability	1:00 - 5:00	OSHA/Skills
Thursday, 12/12	9:00 - 12:00	Incontinence and Constipation	1:00 - 4:00	Behavioral Health
Friday, 12/13	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Monday, 12/16	9:00 - 12:00	Communication	1:00 - 4:00	Kidney Disease
Tuesday, 12/17	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Friday, 12/20	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Monday, 12/23	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice
Tuesday, 12/24	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Thursday, 12/26	9:00 - 12:00	VBP-UTI, Elect. Imbalance, Sepsis	1:00 - 4:00	VBP-CHF, Respiratory Infections, anemia
Friday, 12/27	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A
Monday, 12/30	9:00 - 12:00	Vision Loss	1:00 - 4:00	Disaster and Stress
Tuesday, 12/31	9:00 - 1:00	OSHA/Skills	1:00 - 4:00	N/A

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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



National Breast Cancer Awareness Month takes place in October across the USA and worldwide.

Supported by a number of organizations including the National Breast Cancer Foundation, the month long campaign hopes to help anyone affected by this disease.

About 1 in 8 women born today in the United States will get breast cancer at some point. The

good news is that most women can survive breast cancer if it's found and treated early.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

The statistics for this life changing disease are vast, yet more and more people, women AND men, are surviving the disease thanks to the awareness that is being raised through this campaign and many others like it worldwide.

For more information, visit the National Breast Cancer Foundation at nationalbreastcancer.org

In-service Schedule on pages 6 and 7 for October, November and December 2019

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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