

The Able Times

From the Desk of Michael Shapiro, President

Home Care is Moving Ahead with New Technology

Able Health Care is going paperless.

Able is adopting several new software programs that allow for smoother communication with patients, staff, clinical personnel, insurance companies, etc. That means less time doing clerical work and more time focused on quality patient care. With new technology we can communicate with our caregivers, share important information: compliance requirements, case assignments to include patient name, address, hours, tasks and important information. You can also communicate with your branch, changes in patient's condition or other important observations.

With the mobile app, this will also assure you will be paid accurately and timely. And it will also allow Able to bill timely and accurately.

HHaEXchange Mobile App Benefits:

- Quick and easy to use
 - Clock in and clock out, a few quick clicks and you're done.
 - Able to clock in without phone service
 - Able to clock in without internet service
 - Eliminate errors due to call in mistakes & unnecessary timesheets
 - Get paid faster by avoiding payment delays due to clock in errors or no service.
- View Patient phone numbers, addresses, medication, plan of care
- The app can be used for multiple agencies
- View your schedule
- Receive important messages from your agency
- Update your availability
- Receive broadcasts for available shifts and new cases
- Receive compliance notices in advance

Remote Patient Monitoring

Implementing a new Value Base Care initiative, Remote Patient Monitoring.

With remote patient monitoring our team of nurses & doctors will be able to clinically monitor the health markers of patients and observe changes in health when they happen, before severe illness onsets.

(Continued on page 6)

Able Health Care se está volviendo sin papel.

Able está adoptando varios programas de software nuevos que permiten una comunicación más fluida con los pacientes, el personal, el personal clínico, las compañías de seguros, etc. Eso significa menos tiempo para el trabajo administrativo y más tiempo centrado en la calidad de la atención al paciente. Con la nueva tecnología podemos comunicarnos con nuestros cuidadores, compartir información importante: requisitos de cumplimiento, asignaciones de casos para incluir el nombre del paciente, dirección, horas, tareas e información importante. También puede comunicarse con su sucursal, cambios en la condición del paciente u otras observaciones importantes.

Con la aplicación móvil, esto también asegurará que se le pagará de manera precisa y oportuna. Y también permitirá a Able facturar a tiempo y con precisión.

Beneficios de la aplicación HHA:

- Rápido y fácil de usar
 - Registrar entrada y salida, unos pocos clics rápidos y listo.
 - Capaz de fichar sin servicio telefónico
 - Capaz de fichar sin servicio de Internet
 - Elimine errores debido a errores de llamada y hojas de tiempo innecesarias
 - Reciba pagos más rápido al evitar retrasos en los pagos debido a errores de reloj o falta de servicio.
- Ver números de teléfono de pacientes, direcciones, medicamentos, plan de atención
- La aplicación se puede utilizar para varias agencias
- Ver su horario
- Reciba mensajes importantes de su agencia
- Actualiza tu disponibilidad
- Recibir transmisiones de turnos disponibles y nuevos casos.
- Recibir avisos de cumplimiento por adelantado

Monitoreo remoto de pacientes

Implementación de una nueva iniciativa de Value Base Care, Remote Patient Monitoring.

Con el monitoreo remoto de pacientes, nuestro equipo de enfermeras y médicos podrá monitorear clínicamente los marcadores de salud de los pacientes y observar los cambios en la salud cuando ocurran, antes de que se presente una enfermedad grave.

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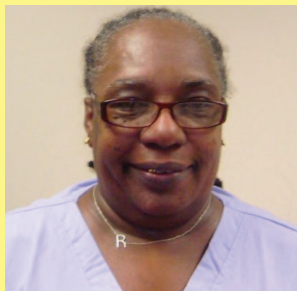
One kind word
can change
someone's
entire day

Able's Hall of Fame

Aides of the Month



*Emma Hernandez
Islas*



*Roxanne Lyttle
Ambrose*



Gillian Smith



Shana Overstreet



Elsa Lopez & Jocelyn

**Admin
Employee
of the
Quarter**



Kateryn Gonzalez & Jocelyn

Congratulations!



Lina Vaisblat, RN from our White Plains office with her mom, Dr. Nadeжда Vaisblat, who celebrated her 93rd birthday in January.

National Nurses Day May 6th

At the end of the 19th century, “The Lady With the Lamp” — or as she is more widely known, Florence Nightingale — founded modern nursing. Thanks to her strict use of hand-washing and hygiene practices while caring for wounded soldiers in the Crimean War, Nightingale and her helpers reduced the death rate from 42% to 2% — ushering in nursing as we know it today. On May 6, we recognize the important role nurses play in our lives by celebrating National Nurses Day.



To each of our caring nurses, we applaud your hard work, expertise and compassion, and we appreciate your commitment to providing safe, quality home care services. Thank you for the role you play in improving the health of our patients!

Able's Hall of Fame



Congratulations

*Yorman Pena (Bronx Recruiter)
and his wife Nicole are expecting
their first baby.*

To Whom It May Concern,

This letter is to recognize the excellent care provided by Emma Hernandez Islas for my father VM.

My father suffered a stroke September 2020. Since then his health rapidly declined, leaving him speaking less, non mobile and sometimes difficult.

When Emma was assigned to our family, she jumped right in with her skillfulness in caregiving, patience, kindness and compassion. Emma quickly proved to be not only an aide but truly a member of the family. The emotional and mental support she provides my mother is unmeasurable. My mother is completely comfortable leaving her home to run errands while Emma is there watching over my father. For Emma it's not just a job, she truly cares about the patient, getting to know the family and helping with anything to make sure all are comfortable.

Emma is an exceptional employee and an asset to Able Health care Services.

Sincerely, D.T.



Bernadette Corrigan (Islandia Office)



*Jimmy Gonzalez, Tom Griffin, Lakshmi Ramoular,
Lisa Tocabens and Mike Rodriguez (Corporate)*

Happy St. Patrick's Day



OUR BROOKLYN OFFICE HAS RELOCATED!

Our New Office Address is:

**1636 East 14th Street, Suite 119
Brooklyn, NY 11229**

*Please do not drop off any timesheets,
mail etc. at the old office location.*



Did you know?

“Brain games” such as chess, bridge, and word puzzles may help seniors keep their minds sharp. Researchers say these fun, challenging, and engaging activities have a significant positive impact on mental function, which can be especially beneficial for older adults as they age. Plus, puzzles and games can provide a range of social and emotional benefits.

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.)
6. Make sure to only work the hours that are prescribed and scheduled. You cannot work additional time without approval. If there is an emergency that requires you to stay longer than your scheduled shift you must get approval from your branch. Additional time cannot be paid or billed without approval from the patient's insurance program.



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.)
6. Asegúrese de trabajar solo horas prescritas y programadas. No puede trabajar tiempo adicional sin aprobación. Si hay una emergencia que requiere que permanezca más tiempo que su turno programado, debe obtener la aprobación de su sucursal. El tiempo adicional no se puede pagar ni facturar sin la aprobación del programa de seguro del paciente.

Por favor, siéntete libre de pedir ayuda o de visitar a su sucursal si necesita más orientación o ayuda para seguir el proceso de entrada y salida, 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.

Depósito Directo Reciba su pago directamente en su cuenta corriente o de ahorro. No se pare en colas ni pague tarifas de cambio de cheques. Reciba su pago automáticamente. Es fácil inscribirse y ver sus estados de pago en su teléfono móvil.

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.

April 16 is National Health Care Decisions Day

Able Health Care Service would like to remind you how important it is to talk with your loved ones about your healthcare goals and wishes, not only at end-of-life, but throughout your lifetime. Those that care about you need to know what your wishes are.



National Healthcare Decisions Day was founded in 2006 to inspire, educate and empower the public and providers about the importance of advance care planning.

What is advance care planning? Advance care planning isn't just for people with serious illness. It's a part of healthy aging. It's a way to help your loved ones and doctors make health care decisions for you if you can't speak for yourself. Talking about your values, preferences and beliefs will help make your wishes clear.

Why it's important. You have a right to make decisions about your medical care. But in a time of crisis, you may not be able to speak for yourself. One out of every three people will need someone to make decisions for them at some point. It's best to be prepared.

The basics of advance directives An advance directive explains your wishes for end-of-life or critical care. It includes two types of legal papers: a living will and a durable power of attorney. The American Medical Association suggests you work with a lawyer and your doctor to fill out these forms.

Living will A living will speaks for you. It shows your choices for health care when you're not able to speak for yourself. It helps when hard decisions have to be made. Your family and doctors will know exactly what treatments you would and wouldn't want. Be sure to update your living will on a regular basis.

Health care durable power of attorney This is a legal document that gives someone the power to carry out your medical wishes. The person you choose is known as your agent. Your agent can be anyone who knows you well; Understands what choices you'd make; Can talk with your loved ones about your care; Will make sure your wishes are carried out.

Start making decisions today! For more information visit <https://theconversationproject.org>

Health Benefits of Sunlight

Now that Spring is here, get outside and enjoy some sunshine. While it's true that sunburns and skin cancer are very real threats and that SPF is essential, the sun can do plenty of good things for your body. Here are five ways the sun can affect your mental and physical health:

- 1. Increased Vitamin D** - It promotes reduced inflammation and modulates cell growth. The sun is the best natural source of Vitamin D, and it only takes 5-15 minutes of sunlight a few times a week to notice a difference. Get outside and expose yourself to direct sun on your arms and face to soak up this necessary vitamin. Just remember to use sunscreen if you'll be outside for more than 15 minutes.
- 2. Improved Mood** - Studies show more mental health distress in people during seasons with little sun exposure. On the contrary, days with plenty of sunshine were associated with better mental health. Getting some sun increases your serotonin and helps you stave off Seasonal Affective Disorder (SAD) and sun exposure can also help people with anxiety and depression, especially in combination with other treatments.
- 3. Higher Quality Sleep** - That serotonin you soak up from the sun's rays might also help you get more restful sleep at night. Working in tandem with serotonin is melatonin, a chemical in your brain that lulls you into slumber and one that sun also helps your body produce.
- 4. Stronger Bones** - Vitamin D helps your body maintain calcium and prevents brittle, thin, or misshapen bones.
- 5. Lower Blood Pressure** - When sunlight hits your skin, your body releases something called nitric oxide into your blood. This compound brings down blood pressure and improves heart health. Maintaining healthy blood pressure can reduce your risks of cardiac disease and stroke.



The sun can be your body's best friend. It not only boosts your mood and can be an effective part of treatment for depression and SAD, but its rays have tangible benefits for our physical well-being. Be sure to use proper precautions and make sure to visit your doctor for regular skin examinations to be sure you're not at risk for skin cancer.

Article courtesy of Tricitymd.org

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.



Home Care is Moving Ahead with New Technology *(continued from cover)*

For example, patients do not get high blood pressure overnight; the blood pressure slowly rises overtime.

When we notice blood pressure trending upward, we can intervene before it gets out of hand. Patients with Depression, Diabetes, Dementia, Alzheimer's, CHF or other conditions will benefit from remote monitoring. We will also help facilitate change of prescription when necessary, assist with scheduling ongoing appointments with the patient's primary care provider, assist with acquiring DME equipment. All this ongoing involvement leads to better patient care and prevents accidents and hospitalizations.



We provide all wireless monitoring equipment including scales, blood pressure monitors, glucose monitors, O2 monitors, and other diagnostic tools as needed. All data and trends can be monitored and reviewed by patients and loved ones as well. We will work with each patient to get them set up with all the equipment needed according to their needs. Whether you have your own mobile device or need a tablet provided to you everyone can take advantage of this new service. Best of all everything is covered for all Medicare patients, at no cost. Over 65 or have a qualifying long-term disability and need help applying for Medicare? We're here to help you with that too. At Able Health Care, we strive to put the patient first.

Direct Deposit

To assure timely and accurate pay, most employees choose direct deposit. With direct deposit you get paid fast and accurately and don't have to worry about lost or stolen checks. When a check is lost or stolen it will take 2 or more weeks after being reported, to replace because it will require a stop payment and a period of time to make sure the check wasn't cashed. We strongly recommend all employees to use direct deposit.

Por ejemplo, los pacientes no tienen presión arterial alta durante la noche; la presión arterial aumenta lentamente con el tiempo.

Cuando notamos que la presión arterial tiende a subir, podemos intervenir antes de que se salga de control. Los pacientes con depresión, diabetes, demencia, Alzheimer, CHF u otras condiciones se beneficiarán del monitoreo remoto. También ayudaremos a facilitar el cambio de prescripción cuando sea necesario, ayudaremos a programar citas continuas con el proveedor de atención primaria del paciente, ayudaremos a adquirir equipos DME. Todo este compromiso permanente conduce a una mejor atención al paciente y previene accidentes y hospitalizaciones.

Proporcionamos todo el equipo de monitoreo inalámbrico, incluidas básculas, monitores de presión arterial, monitores de glucosa, monitores de O2 y otras herramientas de diagnóstico según sea necesario. Todos los datos y tendencias pueden ser monitoreados y revisados por pacientes y seres queridos también. Trabajaremos con cada paciente para prepararlo con todo el equipo necesario según sus necesidades. Ya sea que tenga su propio dispositivo móvil o necesite una tableta, todos pueden aprovechar este nuevo servicio. Lo mejor de todo es que todo está cubierto para todos los pacientes de Medicare, sin costo alguno. ¿Tiene más de 65 años o tiene una discapacidad a largo plazo que califica y necesita ayuda para solicitar Medicare? Estamos aquí para ayudarte con eso también. En Able Health Care, nos esforzamos por poner al paciente primero.

Deposito directo

Para asegurar el pago oportuno y exacto, la mayoría de los empleados eligen el depósito directo. Con el depósito directo, se le paga de forma rápida y precisa y no tiene que preocuparse por cheques extraviados o robados. Cuando un cheque se pierde o es robado, tomará 2 o más semanas después de ser reportado para reemplazarlo porque requerirá una suspensión de pago y un período de tiempo para asegurarse de que el cheque no se haya cobrado. Recomendamos encarecidamente a todos los empleados que utilicen el depósito directo.



WORKPLACE SAFETY FLYER CONTEST

Are you or someone you know artistic??

ENTER OUR CONTEST!!!

Rules:

Keep it work appropriate

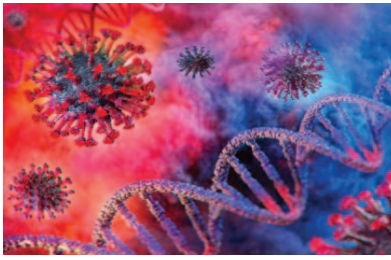
Keep it GENERAL (all workplace safety, not just COVID)

FUNNY! FOCUSED! FLASHY!

Submit your flyer to:

laurao@ablehealthcare.com

**Safety Committee will vote by
April 30th**



Covid Reminders

On 2/18/22, NYS DOH announced the COVID Booster mandate for healthcare workers would not go into effect as scheduled. NYS DOH will reassess the decision in three months. The Booster is recommended but NOT required at this time to continue working. Full vaccination will continue to be required according to NYS DOH regulations. Continue to practice safety - wear a mask, wash your hands, and social distance.

Wisely Pay Card - A New Way to Get Paid

What is the Wisely Pay card? The Wisely pay card is a reloadable prepaid debit card that's yours to keep no matter where you work. It's free to sign up, and there's no credit check to get the Wisely card because it's not a credit card.

It's easy to sign up for the Wisely Pay card. Plus, **NO FEES** for:

Monthly service

Minimum balance because no minimum balance is required

Overdrafts because you can only spend what's on your card

Check out some more Wisely Pay card benefits.

- **No charge for direct deposit.** Get paid up to 2 days early for your pay and other sources of income. A no-fee upgrade is required.
- **Shop and pay bills** in stores, online, in apps, or by phone, everywhere Visa® debit cards are accepted and where Debit Mastercard® is accepted.
- **Manage your money.** Save for a rainy day with an in-app savings envelope. Plan your budget and track your spending habits to boost your financial wellness with the myWisely® app.
- **Balance is protected from fraud** if the card is lost or stolen, and is FDIC insured.
- **Order up to 3 extra cards** for your family or trusted individuals.
- **Easy and fee-free access** to cash at 80,000 nationwide in-network ATMs as well as domestic over-the-counter transactions at 120,000 in-network Visa and in-network Mastercard banks, and cash back at point of sale at thousands of retail locations, as well as down-to-the-penny cash access at most Walmart retail outlets.



Contact the Payroll Department today for more information!

Refer a Friend Bonus

To All Able Caregivers:

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

To receive the bonus:

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



A todos los Cuidadores de Able:

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

Para recibir la bonificación:

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



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 ablehealthcare.com

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

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

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

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

**Able Health Care
 Licensed Home Care Agency**

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

Recruitment Offices

Queens929-487-1428
 Brooklyn.....929-480-6643
 Nassau516-464-6213
 Suffolk631-904-0825
 Westchester.....914-688-1838
 Bronx929-526-2253

Editorial Policy

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

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

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10 Benefits of Strawberries



- 1 Packed with Antioxidants
- 2 Prevent colds and flu
- 3 Great for the Heart
- 4 Help you lose fat
- 5 Excellent for your eyes
- 6 Reduce Wrinkles
- 7 Reduce Inflammation
- 8 Lower Blood Pressure
- 9 Improve Hair Health
- 10 Lower Cholesterol

www.HealthyHubb.com

Educational Inservices

To remain in compliance as an HHA you are required to attend 12 hours or 4 inservices each year. You can find a list of educational inservices presented at your local branch office and on the ADP Homepage. Call to make a reservation; dates may change. OSHA in-service is required once a year.