

The Able Times

From the Desk of Michael Shapiro, President

Staying Positive and Vigilant During Stressful Times



It's easy to let negative thoughts and feelings creep in since our lives have been disrupted during the COVID-19 pandemic. But keeping a positive mindset can go a long way in managing through these difficult times.

So how do we keep those positive vibes going on our most stressful days? Here are a few suggestions:

- **Be Thankful** – Ironically, when you go through a tragedy like this, you appreciate more.
- **Help Others** – Helping others is an easy way to instantly feel better. Whether you are sewing masks at home, delivering groceries for an at-risk relative or checking in via FaceTime on your friends, helping out will increase your positive outlook.
- **Continue to be Vigilant** – Wear a mask in public and when you are around others, social distance, wash hands often, do not go out if you have any symptoms of COVID-19 and, unless necessary, stay home. **How to protect yourself and others: advice from CDC:** <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- **Eat a Healthy Diet and Exercise** – Research has shown that what you eat - and don't eat - affects the way you think and feel. Physical activity such as walking outdoors helps exert anxious energy, boosts your mood and helps manage your stress levels. Also remember to get plenty of sleep to keep your mind and body healthy.
- **Keep Things in Perspective** – Hard times, crises and traumas are an inevitable part of life. While we are getting our share of it, consider that everything could have been much worse. For instance, this virus could have severely affected kids and teens, or been much deadlier. Or, we could have been centuries away from the knowledge and technology needed to deal with this crisis most effectively—just as our ancestors were. Remember that even the most unfavorable situations in life may contain the seeds of something positive. Thanks to the lessons of this pandemic, humanity will likely come out with much less damage from the next one. Moreover, once life is back to normal, we will hopefully be somewhat wiser people, better at appreciating what we have so far been taking for granted.
- **Take a Time-Out** – A 5-minute break can decrease stress and tension, help you relax and increase your energy. You'll also think more clearly after a short break.

Even though this is a scary and unprecedented time, we can all try to be a bit more positive. Positivity is contagious, so let's spread it around.

Manteniéndose Positivo y Vigilante durante Tiempos Estresantes

Es fácil dejar que los pensamientos y sentimientos negativos se filtren desde que nuestras vidas se vieron afectadas durante la pandemia de COVID-19. Pero mantener una mentalidad positiva puede ser muy útil para manejar estos tiempos difíciles.

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“ Don't be pushed around by the fears in your mind. Be led by the dreams in your heart. ”
Roy T. Bennett



From the Desk of Sandra Weintraub, CEO



Sunshine and warmer temperatures are luring many of us outside after weeks of stay-at-home orders aimed at halting the spread of COVID-19. Going outside is great for our physical and mental health, but we still need to take precautions while enjoying the warm weather, including social distancing, hand-washing, and wearing masks in public places to help prevent the numbers of cases from increasing and people getting infected. So everyone be safe and have a fun Summer!

ABLE'S HALL OF FAME

Employee Recognition

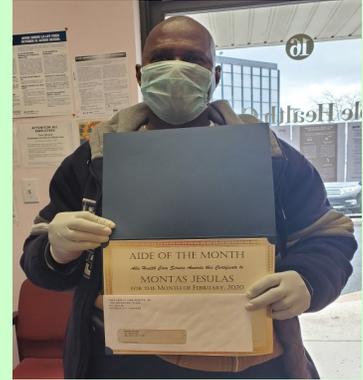


*Amanda Lewis
1st Quarter 2020*



*Bernadette Corrigan
2nd Quarter 2020*

Aides of the Month



*Montas Jesulas
February*

Aides of the Month - May



Natisha Blake



Kathleen Daggett



*Noris Aguilar Castillo
(pictured with Jocelyn)*



*Minelis Sanchez
March*

Aides of the Month - June



Dorothy Gayle-McDonald



Carlos Jimenez Escobar



*Karina Nunovero
(pictured with Jocelyn)
April*

Dear Marie,
My father is F.K., **Carlos A. Jimenez Escobar** is his aide and comes in the morning. Although he's only been here a few days so far, I just want to recognize what an excellent job he does.

From when he comes in until he leaves he is constantly working. My father feels very comfortable with him. He has been great with feeding him, keeping him company, making sure he's comfortable, cleaning him, and has been doing a great job. We've had an aide come in the past, the same day we sent them off. Carlos has been exceptional and we appreciate the help he's been providing.
Sincerely, M.K.

ABLE'S HALL OF FAME

ISLANDIA BRANCH



Keeping a positive attitude under scary circumstances

In Loving Memory



We are so sad to announce the passing of Millicent Bernard, who was a caregiver from the Hempstead branch for over 35 years. Millicent was a wonderful aide who understood the meaning of team work. She was kind and compassionate to everyone around her. She was

loved by her Able Family and will be deeply missed by all.



Gail Sussman,

Director of Education, is retiring after 41 years of nursing, the last 5 years of her career as being an integral part of the Able Family. We will surely miss her and wish her all the best!

Happy Retirement!

Dear Caregivers,

Someone is grateful for all you do! Maybe it's your smile or your positive outlook. Maybe it's the way you make the day brighter. Whatever the reason, someone appreciates You just for being you and would like to say:

thankyou

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 recontractados no son elegibles para

ABLE'S 401K 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 & 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.



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 periodo 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.

THE PSYCHOLOGICAL TRICKS OF COVID-19 SCAMMERS

Special Report - AARP Bulletin, June 2020 - By Sari Harrar

Scam artists will stop at nothing to exploit the fear, social isolation and uncertainty fueled by the COVID-19 pandemic. “People are more vulnerable emotionally than ever,” says psychologist Stacey Wood, a professor at Scripps College in California. “That makes it easier to fall for the increasing number of scams out there.”

18,235 – THE NUMBER OF COVID-19 SCAMS AMERICANS REPORTED TO THE FEDERAL TRADE COMMISSION BETWEEN JAN.1 AND APRIL 15, WITH LOSSES OF \$13.44 MILLION



According to AARP’s Fraud Watch Network, criminals are preying on this new vulnerability with everything from fake work-at-home jobs and fraudulent charities to money-seeking romance scammers lurking on dating sites. Other scammers include government impostors who are targeting your stimulus check.

How do they do it? Here are six psychological tactics scammers use:

A Friendly Voice. Before the coronavirus, 1 in 4 older adults were socially isolated; today that number is far higher. “When you’re lonely, a friendly voice on the phone or a friendly message on social media seems like a real bright spot,” says Emily Allen, senior vice president for programs at AARP Foundation. Scammers use information they’ve gleaned about you online to strengthen the bond. They shower you with compliments and get you to like them in order to make you more willing to believe their lies.

Official-Sounding Sources. “In uncertain times, we rely more than ever on what other people tell us. Scammers may falsely identify themselves as being from the IRS or the Centers for Disease Control and Prevention” says Robert Cialdini, regents emeritus professor of psychology and marketing at Arizona

State University. “They misquote or make up advice from experts. And they create fake organizations that sound impressive, to fool you.” **Using Your Intelligence Against You.** “Some people get drawn in when scammers compliment their intelligence and ability to understand a so-called opportunity,” Cialdini says. “Others think they’re smarter than a scammer and can spot a phony. Research shows that, among older adults, those who think they’re the most invulnerable to persuasion are most likely to fall for scam artists.”

Helping In Hard Times. Schemes involving fake charities, online romantic partners in need, and grandchildren marooned away from home without cash are nothing new. But they’re heating up as people yearn for ways to help others and as job losses and travel restrictions make scammers’ stories sound more believable than ever, Wood says.

Relieving Your New Anxieties. Job loss, stock market tumbles, scary virus risks...scammers are manipulating your fears in these uncertain times with too-good-to-be-true “opportunities” like fake work-at-home offers, bogus investment schemes and phony chances to buy face masks, hand sanitizer, coronavirus tests and fake remedies.

You Gotta Act Now! Goading you to either make a fast decision or miss out on scarce supplies or a new job plays on today’s anxieties, Wood says. “When you’re fearful or stressed, you’re more likely to make impulsive decisions,” she says. “Scammers know this.”

WAYS TO TURN THE TABLES

Cut them off. Toss, delete or hang up on unsolicited offers. Don’t answer the phone if you don’t recognize the caller ID. Don’t click on links or provide personal info requested in an email.

End suspicious online friendships. This is not the time to trust strangers, no matter how nice they seem. Scammers are professionals at being “nice.” Put on your toughest filters and cut off contact the moment someone you don’t know well asks for info or financial help.

Do your homework. If someone claims they’re from the IRS or your bank, call to verify. Visit aarp.org/scams to learn about the latest coronavirus scams.

CARECONNECT AND SMC

We encourage all Caregivers to download the CareConnect and SMC Apps and start using them right away. These tools were designed to improve scheduling and communication between Caregivers and Coordinators and to help you clock-in and out and enter completed tasks. The use of these apps will be a requirement in 2021 so start using them now. Search the Google Play or the APP Store for **CareConnect for Caregivers** and **Sandata Mobile Connect**.

CARECONNECT RECEIVE OPEN CASE NOTICES & REPLY RIGHT AWAY	SANDATA MOBILE CONNECT (SMC) CLOCK-IN & CLOCK-OUT / TASK TRACKING
Shift Invitations: Get real-time open shift notifications	Easily clock-in and clock-out of your current shifts
Shift Management: View your requested, upcoming, and past shifts	Document your tasks performed during each shift
Shift Directions: Get one-tap directions to upcoming shifts	Document your observations during each shift
Shift Reminders: Receive automatic shift reminders	Quickly view your upcoming and past shift details
Shift Preferences: Set your work preferences to receive best matching cases	

Motivamos a todos los cuidadores a descargar las aplicaciones CareConnect y SMC y empezar a usarlas de inmediato. Estas herramientas fueron diseñadas para mejorar la programación y la comunicación entre los cuidadores y coordinadores y para ayudarle a registrar su entrada y su salida, y para ingresar los oficios realizadas. El uso de estas aplicaciones será un requisito en 2021, así que empieza a usarlos ahora. Busque en Google Play o app Store CareConnect para cuidadores y Sandata Mobile Connect.

CARECONNECT RECIBA AVISOS DE CASO ABIERTOS Y RESPONDA DE INMEDIATO	SANDATA MOBILE CONNECT (SMC) FÁCIL DE USAR CLOCK-IN & CLOCK-SEGUIMIENTO ELECTRONICO DE OFICIOS
Invitaciones de turnos: Obtén notificaciones de turnos abiertos en tiempo real	Fácilmente registra su entrada y su salida de sus turnos actuales
Administración de turnos: Vea los turnos solicitados, próximos y anteriores.	Documenta su oficio realizado durante cada turno
Direcciones de turnos: Con un solo toque, obtenga indicaciones para los próximos turnos	Documenta sus observaciones durante cada turno
Recordatorios de turnos: Reciba recordatorios automáticos de turnos	Vea rápidamente los detalles de turnos próximos y pasados
Preferencias de turnos: Establezca sus preferencias de trabajo para recibir los casos que mejor concuerden.	

Manteniéndose Positivo y Vigilante durante Tiempos Estresantes (Continuación de la página 1)



Entonces, ¿cómo mantenemos esas vibraciones positivas en nuestros días más estresantes? Aquí hay algunas sugerencias:

- **Sea agradecido:** irónicamente, cuando atraviesa una tragedia como esta, aprecia más. Empiezas a darte cuenta de lo frágil que es la vida y de que todavía hay muchas cosas por las que tenemos que estar agradecidos. Es más fácil cambiar un día estresante cuando uno se concentra en lo positivo en lugar de lo negativo. Encuentre alegría en los momentos más pequeños de la vida, como leer un libro, hablar con un amigo o simplemente hacer algo amable por otra persona. Recuerde comenzar cada día con un corazón agradecido.
- **Ayuda a los demás:** ayudar a los demás es una manera fácil de sentirse instantáneamente mejor. Ya sea que esté cosiendo máscaras en casa, entregando comestibles para un pariente en riesgo o comunicando a través de FaceTime con sus amigos, ayudar a otros aumentará su perspectiva positiva.
- **Continúe siendo vigilante:** use una máscara en público, y cuando se encuentre alrededor de otras personas. distanciamiento social, lávese las manos con frecuencia, no

salga si tiene algún síntoma de COVID y, a menos que sea necesario, quédese en casa. Cómo protegerse y proteger a otros: consejos de DCD: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

- **Coma una dieta saludable y haga ejercicio:** la investigación ha demostrado que lo que come, y no come, afecta su forma de pensar y sentirse. La actividad física, como caminar al aire libre, ayuda a ejercer energía ansiosa, aumenta su estado de ánimo y ayuda a controlar sus niveles de estrés. También recuerde dormir lo suficiente para mantener su mente y cuerpo saludables.
- **Mantenga las cosas en perspectiva:** los tiempos difíciles, las crisis y los traumas son una parte inevitable de la vida. A pesar de que hemos recibido nuestra parte, tenga en cuenta que todo podría haber sido mucho peor. Por ejemplo, este virus podría haber afectado gravemente a niños y adolescentes, o ser mucho más mortal. O bien, podríamos haber estado a siglos de distancia del conocimiento y la tecnología necesarios para enfrentar esta crisis de manera más efectiva, tal como lo fueron nuestros antepasados. Recuerde que incluso las situaciones más desfavorables en la vida pueden contener las semillas de algo positivo. Gracias a las lecciones de esta pandemia, la humanidad probablemente saldrá con mucho menos daño de la próxima. Además, una vez que la vida vuelva a la normalidad, esperamos ser personas algo más sabias, mejores para apreciar lo que hasta ahora hemos dado por concedido.
- **Tómese un tiempo de descanso:** un descanso de 5 minutos puede disminuir el estrés y la tensión, ayudar lo a relajarse y aumentar su energía. También pensará más claramente después de un breve descanso.

Aunque este es un momento aterrador y sin precedentes, todos podemos intentar ser un poco más positivos. La positividad es contagiosa, así que vamos a difundirla.

SOCIAL DISTANCING

From the desk of Wayne Lasner, Chief Information Officer

SOCIAL DISTANCING has become the new way of life affecting everyone across the globe. It will take time for all of us to get used to a modified way of coexisting safely. We need to look past the inconveniences and do what we as humans do best, adapt to changing situations.

While many of us, by following these safety rules of social distancing and face covering, are able to go about our daily rituals such as food shopping, a walk in the park, or getting takeout from our favorite restaurants, others may be restricted from these activities. These restrictions can create stress and depression. There are ways family members can help.

The obvious: Call your loved ones often (at least daily). Keep conversations positive. While speaking is a great way to uplift one's spirits, seeing facial expressions can make a world of difference. There are many devices available to incorporate social media and video conferencing into one's daily routine. In the past, even as a tech person, I dismissed incessant social interaction via electronic devices as invasive and annoying. Now I see it as a tool for coping with social distancing.

Video conferencing with family and friends, while not a complete replacement for the real thing, has allowed me to have face-to-face gatherings with my kids who live out of state. They share their favorite pastime of cooking or self-inflicted crazy haircuts. With group video chat, friends can have a cocktail party or discuss any social situation. I have found this to be gratifying and mentally relaxing. Our older generations who may be home bound can simply say "Hey Google" call my daughter and bam! There she is. Face to face interaction is comforting. There are many other aspects to having devices like Google Hub or Alexa or Portal by Facebook. Voice controlled Home Automation can make life so much easier for our loved ones. Simply ask for the hall light to be turned on (or off) or to make the music louder. Not all devices have the same functionality so investigate what will work best for the intended use.

Embrace technology and enjoy the ride.

Keep Safe; be happy.



4 STEPS TO FOOD SAFETY



September is National Food Safety Education Month. Learn how to be a food safety superhero! Take steps to help prevent food poisoning, and show others how to keep food safe.

Every year, an estimated 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die from eating contaminated food. Anyone can get sick from a foodborne illness (also called food poisoning). But some groups of people are more likely to get sick and to have a more serious illness.

These groups are:

- Adults aged 65 and older
- Children younger than 5
- People with health problems or who take medicines that lower the body's ability to fight germs and sickness
- Pregnant women

There are things you can do to protect yourself and your family. As you prepare and handle food, follow these four steps:

- **Clean:** Wash your hands, utensils, and surfaces often when you cook.
- **Separate:** Raw meat, poultry, seafood, and eggs can spread germs. Separate them from cooked food and fresh produce.
- **Cook:** Use a food thermometer to make sure foods are cooked to an internal temperature that kills germs.
- **Chill:** Refrigerate perishable foods and leftovers within two hours. Chill within one hour if it's above 90°F.

Join us in sharing information about the four steps to food safety. Let's make sure everyone knows how to protect themselves and their loved ones from food poisoning.

HELPING SENIORS STAY HYDRATED DURING SUMMER



For many seniors, particularly those who have to spend a lot of time indoors during the winter, the summer can be a great time of year to experience the outdoors and nature. At the same time, however, time in the summer sun presents a few minor risks to those who are older and may have compromised immune systems or other health conditions – and one such risk is dehydration. Taking a few extra steps to help your loved one stay hydrated through the summer is very important – here are a few areas to consider.

Water Needs

Generally speaking, the CDC (Centers for Disease Control) recommend between 48 and 64 ounces of fluid each day, primarily water. This range should be increased for those spending more time outdoors or performing physical activity, or for those who may become dehydrated faster, including seniors in some cases.

Fluid can refer to both water or other forms, such as fruit and vegetable juices, soups and even milk. Sodas and coffees may technically be liquids, but they shouldn't play a big role in anyone's daily liquid consumption total.

Hydration Tips

Some general tips to help seniors stay hydrated during the dry summer:

- With each meal or snack, also include a glass or two of water or some other positive liquid.
- Add lemon, lime, berries, or mint to water to make it taste better and be more appealing throughout the day.
- When providing seniors with medication, encourage them to drink an entire glass of water rather than just a few sips.
- Invest in reusable bottles or thermoses that can be used throughout the day during walks or other outdoor activities.
- Incorporate fruits and vegetables with high water content into senior diets – berries, melon, cucumber, celery, oranges and others all suffice.
- Ensure water is consumed in larger amounts before, during and after exercise.
- If a senior appears fatigued or otherwise compromised during exercise or outdoor activity, halt the activity, locate shade and provide water.
- Wear a hat and other garments to keep body temperature low.

Dehydration Red Flags

Finally, keep a close eye on any possible warning signs of dehydration taking place in seniors, both during outdoor activities and in general. Here are some basic red flags you might pick up on:

- Dry mouth or chapped lips
- Confusion
- Fatigue or tiredness at unusual times
- Headache
- Dizziness
- Weakness in muscles

You can usually reverse mild to moderate dehydration by drinking more fluids, but severe dehydration needs immediate medical treatment.



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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:

Queens
718-779-7000

Brooklyn
718-222-1200

Nassau
516-933-7000

Suffolk
631-952-0500

Able Health Care Licensed Home Care Agency:

Queens
718-458-0800

Nassau
516-933-7000
516-292-0100

Suffolk
631-952-0500

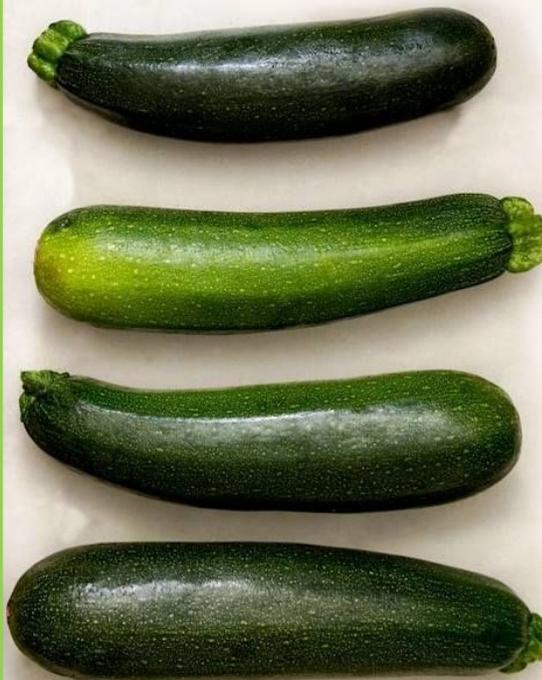
White Plains
914-683-9400

Recruitment Offices
Hempstead
516-292-0100

Brooklyn
718-222-1200

Health Benefits of

Zucchini



- Fight allergies
- Heart health
- Help with atherosclerosis
- Maintain low blood sugar
- Natural laxative
- Packed with vitamin C
- Prevent arthritis
- Prostate health
- Rich in minerals
- Anti-Inflammatory
- Aid with weight loss
- Eye health
- Facilitate digestion

EDUCATIONAL INSERVICES

To remain in compliance as an HHA you are required to attend 12 hours or 4 in-services each year. You can find a list of educational in-services presented at your local branch office on the ADP website. 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. 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.