

The Able Times

From the Desk of Michael Shapiro, President

Life After the Pandemic

With the wide distribution of the Covid-19 vaccine and the precautions taken over the past year, life is slowly getting back to pre Covid times. However, we cannot let our guard down. We must continue to take precautions, including washing our hands, wearing a mask and social distancing. The safeguards that slowed the spread of Covid have also been effective in reducing the spread of Influenza. This year's flu season, as measured by the NY State Department of Health, was virtually nonexistent.

Now everyone can get back to work. During the pandemic, many caregivers chose to stay home for various reasons such as caring for their children while schools were closed, fear of infection for themselves and their families, patients afraid of being infected refusing services, wanting to avoid mass transit, etc. As more and more people get vaccinated, these reasons are slowly becoming less relevant.

If you haven't received the vaccine, please consider getting it as soon as possible. Not only for your benefit, but for others as well. People who don't even know they have Covid can spread it asymptotically. Once enough people are vaccinated, the virus will not spread as readily.

On Tuesday, June 15, 2021, New York hit a vaccination milestone—70 percent of adult New Yorkers have received at least one dose of the COVID vaccine. After reaching this goal, most of the State's remaining COVID restrictions were lifted. This means no more restrictions across commercial settings, including retail, food services, offices, gyms, entertainment, hair salons, barber shops, etc.—as well as no more social gathering limits.

Getting back to normal may seem somewhat scary. We need to take our time and continue to be cautious. Taking the subway or bus can be intimidating after Covid. Getting back into society after avoiding social situations for the past year can cause some anxiety. This is expected and will diminish over time. The more we expose ourselves to a situation, the more our mind and body adjusts to it. We must be patient with ourselves and others as life gets back to normal, after Covid.

Returning to normal for home care agencies includes resuming in-person inservices and home health aide training classes, making reassessment nursing visits and in home supervisions, opening the branches to provide supplies, discuss cases and conducting in-person meetings. The lasting effects of the pandemic will be felt for many years to come, but we will adapt to a new reality. Your safety, as well as our patient's is most important. Thank you for your service and don't hesitate to let us know how we can help or if you have any concerns or questions.

Vida después de la pandemia



Con la amplia distribución de la vacuna Covid-19 y las precauciones tomadas durante el año pasado, la vida está volviendo lentamente a

los tiempos anteriores a Covid. Sin embargo, no podemos bajar la guardia. Debemos seguir tomando precauciones, incluyendo el lavado de manos, el uso de una máscara y el distanciamiento social. Las medidas de seguridad que frenaron la propagación de Covid también han sido eficaces para reducir la propagación de la influenza. La temporada de influenza de este año, según la estadística del Departamento de Salud del Estado de Nueva York, fue prácticamente inexistente.

Ahora todos pueden volver al trabajo. Durante la pandemia, muchos cuidadores optaron por quedarse en casa por diversas razones, como el cuidado de sus hijos mientras las escuelas estaban cerradas, el miedo a la infección para ellos y sus familias, los pacientes con miedo a infectarse y rechazaron los servicios, queriendo evitar el transporte público, etc. cada vez más personas se vacunan, estas razones poco a poco se están volviendo menos relevantes.

Si no ha recibido la vacuna, considere la posibilidad de recibirla lo antes posible. No solo para su beneficio, sino también para los demás. Las personas que ni siquiera saben que tienen Covid pueden contagiarlo de forma asintomática. Una vez que se vacuna a suficientes personas, el virus no se propagará tan fácilmente.

El martes 15 de junio de 2021, Nueva York alcanzó un hito en la vacunación: el 70 por ciento de los neoyorquinos adultos han recibido al menos una dosis de la vacuna COVID. Después de alcanzar este objetivo, se levantaron la mayoría de las restricciones de COVID restantes del estado. Esto significa que no habrá más restricciones en los entornos comerciales, incluido el comercio minorista, los servicios de alimentos, las oficinas, los gimnasios, el entretenimiento, los salones de belleza, las peluquerías, etc., ni tampoco más límites para las reuniones sociales.



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ABLE'S HALL OF FAME

ADMIN EMPLOYEE RECOGNITION



Raquel Quispi, 4Q 2020



Andrea Addison, 1Q 2021



Sandra Campbell, 2Q 2021

AIDES OF THE MONTH



Audrey Green



Valrie Douglas



Rosemarie Gordon



Jean Bolt



Christine Devine



Esperanza Alvarenga



Eugenie Parker



Oral Whyte



Lenthorny Scott

LETTER OF APPRECIATION

Dear Able Agency,
 This letter is to tell you about our experience with my mother's in-home aide. My mother, F.V. has an aide from Able agency, Christine Devine. Christine has a very pleasant demeanor that is balanced perfectly by her sense of dedication to her job. She is very knowledgeable and has been able to offer my mother the very best care. Christine's abundant kindness, care and concern for my mother's welfare has been a blessing to my family. She is extremely dependable and responsible, which is necessary in her position. We appreciate her devotion and attention to detail...

Besides the excellent care Christine gives my mother, she also has a very positive impact on my mom's mood and attitude. She provides much needed companionship and conversation. She presents herself as a concerned friend, which my mom really needs. She helps my mom's mental state and lifts her spirits and makes her feel so important...

In conclusion, I'd like to say how important Christine is to our family. I am so grateful for the wonderful care she provides and how she has helped make my mom's days brighter. Christine is more than an excellent in-home health aide, she is a kind, compassionate person who truly cares for her clients. We are so thankful for her and all she does for my mother and our family.

Sincerely, LB

ABLE'S HALL OF FAME



Dear Able Team,
I want to say it has been my absolute pleasure working with you for the past seven years. I appreciate everything that I have learned here at Able. My experience has been invaluable and I will look back on this time with extreme gratitude.

Thank you for all of your support and I wish nothing but the best for Able Health Care and the employees who serve it! ~ **Amanda Lewis**
We'll miss you, Amanda, and wish you all the best!

Tennis Anyone?

Some of Able's Corporate Office staff getting together to enjoy the sunshine and a friendly game of tennis.

Pictured left to right: Mike Rodriguez, Steven Shapiro, Eugene Podskrebkin, Michael Shapiro and Justin Markowitz



Life is Better on the Court...



*Taisha Martin gave birth to **Aries Abry Michael Dean** On April 10, 2021*



A brand new baby is precious, a bundle full of joy!



*Melissa Martinez Colon welcomed **Kyele Jasir López Martínez** on May 26, 2021*

Ellen Gales Turns 106 on July 4th!



Ellen Gales was born Ellen Clemons on the 4th of July, 1915. Ellen lived through many struggling times, yet she never lost her faith and courage to continue life and be the best she could be. She married Arthur D. Gales On October 14, 1951 and gave birth to three children - one son Charles & two daughters Jacqueline & Joyce. She worked from the age of 12 to 85 years old. She has 10 grandchildren, 27 great grandchildren, and 29 great great grandchildren with a host of lovely family & friends. Ellen is the Matriarch of our family. She has lead this family with great honor and has instilled in us that we must all be respectable, have empathy and sympathy, to be the best we can be, and to always reach for the stars. She is spicy, funny and gives everyone a great big laugh!

Happy 106th Birthday Gma Ellen!

We'd like to thank Ellen Gales' family for providing this article for our newsletter and look forward to Ms. Gales celebrating many more years with her family and friends.

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 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.

TOP TEN TIPS FOR HEALTHY GRILLING AND BARBECUING

Grilling is a fun and flavorful way to cook no matter the season. Who doesn't love to cook together with friends outdoors in the summer and tailgate at the games during the fall and winter? The best part is that grilling can be one of the healthiest ways to cook! Just follow our top ten tips for healthy grilling and barbecuing.

1. **Pick the perfect protein** - Fish, skinless chicken breast and lean ground poultry are all healthier choices. The good fats in fish like salmon and trout actually have health benefits. And when you grill with skill, your guests won't even miss the red meat, which usually has more saturated fat. Wrap marinated fish fillets in foil, construct colorful chicken kebabs, or make more savory turkey burgers by mixing minced portabella mushrooms and onions into the patties. If you do choose meat or pork, get "loin" or "round" cuts and "choice" or "select" grades of beef instead of "prime."
2. **Rightsize your portions** - A healthy portion of any type of meat is about 3 ounces, or the size of a deck of cards, and definitely no more than 6 ounces. If that sounds small, just remember all the delicious grilled veggies and side dishes that will be keeping it company on your plate!
3. **Give it a soak or rub** - Marinating or rubbing spices on poultry, fish and meat can add amazing flavor with the bonus of being able to use less salt. All you need is about ½ cup of marinade or 1 tablespoon of spice rub for each pound of food. Make a simple rub of your favorite spice (such as allspice, chili powder, cinnamon, cumin, garlic powder, paprika or rosemary) and black pepper. *Safety tip:* never reuse marinade or rub after raw meat has touched it.
4. **Add color – lots of color** - Just about all your favorite colorful fruits and veggies can be grilled, alone or in kebabs, giving them delicious flavor that might win over even the most committed carnivore. The trick is to cut them into pieces that will cook quickly and evenly. Brush with a healthy oil to prevent sticking or use a grill basket to keep them out of the line of fire. Some favorites include asparagus, avocado, bell peppers, corn, eggplant, mushrooms, onions, potatoes, squash and zucchini.
5. **Say bye to the bad fat** - Buy skinless poultry or remove the skin before cooking. Trim away any visible fat on meat. Brush or marinate foods with a healthy cooking oil. And let 'er drip – make sure fat drips away from the food while it cooks.
6. **Let the simple grilled goodness shine through** - Don't drown your grilled masterpiece in salty sauces, sugary condiments or heavy dressings. Use as little of these as possible. Sometimes, a simple squeeze of lemon or lime is all it needs.
7. **Choose healthier sides** - Swap the traditional store-bought barbecue fare like baked beans, cole slaw, macaroni salad and potato salad – which can have a lot of saturated fat, sodium and added sugars – for healthier homemade versions. Or change it up and do a colorful bean salad, fruit salad or leafy green salad.
8. **Make your buns whole grain** - Whole-grain buns and breads will complement your healthy feast with extra fiber, flavor and texture. If you're watching your calories and carbs, try an open-faced burger or lettuce wrap.
9. **Grill fruits for dessert** - The natural sugars caramelize in the high heat, giving them extra sweetness and flavor. Try sliced apple, pear or pineapple or halved bananas, figs, nectarines, peaches or plums.
10. **Keep it clean** - Be sure to scrub down the rack or grill pan after each use. Removing leftover burnt pieces of food stuck to the grill prevents burning, smoking and bitter flavors the next time you use it.



Written by the American Heart Association editorial staff and reviewed by science and medicine advisers - www.heart.org

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:

- a. Your referred friend must complete 200 hours of employment with Able Health Care.
- b. Your referred friend must track their hours and inform their branch when 200 hours are reached.
- c. 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.
- d. 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:

- a. Su amigo referido debe completar 200 horas de trabajo con Able Health Care.
- b. Su amigo referido debe llevar registro de sus horas e informar a su sucursal cuando llegue a las 200 horas.
- c. 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.
- d. Empleados recontratados no son elegibles para participar.

300+ LIVE ONLINE CLASSES FOR ISOLATED OLDER NEW YORKERS

NYSOFA Launches Partnership With The Association On Aging In NY And Tech Platform GetSetup To Provide 300+ Live Online Classes For Isolated Older New Yorkers

The New York State Office for the Aging (NYSOFA) announces a partnership with The Association on Aging in New York (AgingNY) and GetSetUp to offer 50,000 classes, featuring more than 300 different course options developed by and for older adults. The GetSetUp curriculum and community are designed to combat social



isolation and promote independence through live, interactive classes and online connectivity with a community of more than 650,000 older adult learners from more than 160 countries around the globe. Additionally, all guides and instructors are retired educators/professionals/technologists, promoting economic empowerment, healthy lifestyles, and a purpose driven life. Instructors are trained to help older adults learn by doing, not just watching, and all learners are encouraged to become creators by leading their own interest groups.

GetSetUp classes are organized into four broad categories:

- **Digital Divide/Connectivity (orientation to Zoom and how to use various devices)**
- **Physical Health (i.e. Tai Chi/Yoga/Healthy Cooking)**
- **Mental Health (i.e. Dementia/Coping with Stress/Meditation)**
- **Social health (i.e. Book club/Gardening/Pets/Travel/Brain Games)**

The GetSetUp platform offers more than 40 classes each weekday, and more than ten classes each weekend. They recently launched "GetSetUp TV" for hesitant older adults to get a flavor of the GetSetUp platform without having to fully participate. Classes are rotated regularly to offer the widest variety of programming for older adults in the four main categories.

About NYSOFA

The New York State Office for the Aging's (NYSOFA's) home and community-based programs provide older adults with access to a well-planned, coordinated package of in-home and other supportive services designed to support and supplement informal care.

About the Association on Aging in New York

The Association on Aging in New York supports and advocates for New York's mostly county-based Area Agencies on Aging (AAAs) and works collaboratively with a network of organizations that exist to promote independence, preserve dignity, and provide support for residents of New York State as they age.

About GetSetUp

GetSetUp is an online community of people who want to learn new skills, connect with others, and unlock new life experiences. Their safe, social, and interactive learning environment has been specifically designed for older adults. Classes are taught by older adults and kept small to ensure everyone can actively participate. The platform helps older adults stay mentally and physically fit, creates economic opportunities through jobs and reskilling, and provides a community where people find meaning and purpose by helping each other and forming new connections. Founded in 2019, GetSetUp is headquartered in California.

Learn more at <https://www.getsetup.io/>

Vida después de la pandemia

(Viene de la página 1)



Volver a la normalidad puede parecer algo aterrador. Necesitamos tomarnos nuestro tiempo y seguir siendo cautelosos. Tomar el metro o el autobús puede resultar intimidante después de Covid. Volver a la sociedad después de evitar situaciones sociales durante el último año puede

causar algo de ansiedad. Se espera que esto disminuya con el tiempo. Cuanto más nos exponemos a una situación, más nuestra mente y nuestro cuerpo se adaptan a ella. Debemos ser pacientes con nosotros mismos y con los demás mientras la vida vuelve a la normalidad, después del Covid.

Regresar a la normalidad para las agencias de atención domiciliaria incluye reanudar las clases de capacitación en servicios internos y para asistentes de salud en el hogar, realizar visitas de enfermería de reevaluación y supervisiones domiciliarias, abrir sucursales para proporcionar suministros, discutir casos y realizar reuniones en persona. Los efectos duraderos de la pandemia se sentirán durante muchos años, pero nos adaptaremos a una nueva realidad. Su seguridad, así como la de nuestro paciente, es lo más importante. Gracias por su servicio y no dude en hacernos saber cómo podemos ayudarlo o si tiene alguna inquietud o pregunta.

INTRODUCING ABLE'S NEW LOGO



We are proud to announce the launch of our new agency logo. While we have refreshed our logo, our mission still remains the same:

"Able Health Care Service is committed to providing the highest quality, cost effective home health services available to achieve the best outcomes for our patients and their families.

We promote an environment that produces the most highly skilled and dedicated employees and caregivers. We will provide our employees with standards and the resources to achieve excellence in their careers."

IMPORTANT SUMMER SAFETY TIPS FOR SENIORS

According to the Centers for Disease Control and Prevention, seniors are more susceptible to heat-related illnesses and injury. When we age, our bodies become less efficient at regulating temperature because older adults do not sweat as much as younger adults, and sweat is the body's most important heat-regulating mechanism. Older adults also store fat differently, which can further complicate heat regulation in the body.

This can cause issues in the summer because when the outside temperature rises, so does the body's internal temperature. This is why seniors suffer from heat stroke in the summer more often than younger people. Therefore, seniors have health risks that need to be monitored, especially in the heat of the summer. Below are tips to keep seniors safe and healthy in the rising temperatures of the summer months.



Stay hydrated - Drink eight or more glasses of water and/or fruit juices every day to stay hydrated. Avoid alcoholic and caffeinated beverages such as soda, coffee and tea as they can leave you dehydrated quickly. Increase your intake if you are doing any physical activity or if the weather is particularly hot.

Stay indoors during extreme heat - In extreme heat and high humidity, evaporation slows down and the body must work extra hard to maintain a normal temperature. Keep in mind, the sun is the most intense between 10 am and 4 pm. If you can, limit your outdoor activity to the morning and the evening.

Stay in an air-conditioned place - Air-conditioning is important when it is hot and humid outside. If you do not have air-conditioning in your home, go somewhere that does. A movie theater, the mall, a friend or family member's home or a community senior center are all good options. You can contact your local Area Agency on Aging for help finding a local cooling center during extended periods of extreme heat.

Know the weather forecast and dress appropriately - The best clothing to wear in the summertime is loose-fitting and lightweight clothes in natural, breathable fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.

Protect your skin and eyes - Wearing sunglasses can block your eyes from harmful UV rays and protect your vision. When outdoors, protect your skin from damage by wearing hats, sunglasses and a sunscreen of SPF 30 or higher and that protects against both UVA and UVB radiation.

Know the side effects of your prescriptions - Some medications can cause increased sensitivity to the sun. Look over your medications and talk with your doctor about any concerns or questions you have.

Know the early signs of heat-related illnesses such as dehydration, heat stroke, heat exhaustion, hyperthermia, etc - Signs to look for may include disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, a flushed face, high body temperature, rapid pulse, dizziness and confusion. Take immediate action if you feel any symptoms coming on.

Maintain communication with friends, family, caregivers and emergency contacts - Prepare a list of emergency phone numbers and place them in an easy-to-access area in case needed.

<https://www.help4seniors.org/News-Events/Blog/News/Archives/2019/07/Summer-Safety-Tips-For-Seniors.aspx>

PREPARE FOR HURRICANE SEASON

10 Hurricane preparedness suggestions from the Red Cross:

1. Determine your risk. Hurricanes cause problems in coastal areas but can also cause damage hundreds of miles inland.
2. Talk with household members and create an evacuation plan.
3. Build an emergency kit with a gallon of water per person, per day, non-perishable food, a flashlight, battery-powered radio, first aid kit, medications, supplies for an infant if applicable, a multi-purpose tool, personal hygiene items, copies of important papers, cell phone chargers, extra cash, blankets, maps of the area and emergency contact information.
4. If you already have a disaster kit, now is the time to make sure the food and water is still okay to consume and that copies of important documents are up to date. If you already have an emergency plan for your household, you should talk about it again with family members so everyone knows what to do if an emergency occurs.
5. Be informed. Learn about the community's hurricane response plan. Plan routes to local shelters, register family members with special medical needs as required and make plans for pets.
6. Download the free Red Cross Emergency App to select up to 35 different severe weather and emergency alerts on their mobile device. The content includes expert guidance on what to do before, during and after different emergencies or disasters from home fires to hurricanes. All Red Cross apps can be found in smartphone app stores by searching for American Red Cross or by going to [redcross.org/apps](https://www.redcross.org/apps).
7. Keep insurance policies, documents, and other valuables in a safe-deposit box. You may need quick, easy access to these documents. Keep them in a safe place less likely to be damaged if a hurricane causes flooding. Take pictures on a phone and keep copies of important documents and files on a flash drive that you can carry with you on your house or car keys.
8. Protect windows with permanent storm shutters or invest in one-half inch marine plywood that is pre-cut to fit your doors and windows.
9. Identify a place to store lawn furniture, toys, gardening tools and trash cans (away from stairs and exits) to prevent them from being moved by high winds and possibly hurting someone.
10. Clear loose and clogged rain gutters and downspouts to prevent flooding and unnecessary pressure on the awnings.



For more information go to <https://www.redcross.org/get-help.html>



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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.....516-292-0100
- Suffolk.....631-952-0500

Able Health Care Licensed Home Care Agency:

- Queens.....718-458-0800
- Nassau.....516-292-0100
- Suffolk.....631-952-0500
- Westchester.....914-683-9400

Recruitment Offices:

- Queens.....929-487-1428
- Brooklyn.....929-480-6643
- Nassau.....516-464-6213
- Suffolk.....631-904-0825
- Westchester.....914-688-1838
- Bronx.....929-526-2253

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.

HEALTH BENEFITS OF EDAMAME



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.