

The Able Times

ABLE'S HALL OF FAME

Here are some of our dedicated nurses, along with the number of years they've worked at ABLE



**Volume 28
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Nancy Harris
HHATP Instructor - LI
23 Years



Lalita Kapoor
RN Care Manager - NYC
23 years



Sara Musayeva
DON - CHHA - NYC
12 years



Sharon Breslin
RN Care Manager - LI
9 years



Mariam Dimatteo
DON - LHCSA - NYC
6 years



Dorothy Sistrunk-Cook
HHATP Instructor - NYC
5 years



Karin Tuska
HHATP Instructor - LI
3 years



Mandeep Singh
ADON - CHHA - NYC
1 year



Natasha Gooden-Williams
Director of Patient Services
11 months



Brenda Adams
RN Care Manager - NYC
9 months



Heather Hoffower
DON - CHHA - LI
6 months



Paula Einig
DON - LHCSA - LI
6 months



Devorah Nisenbaum
RN Care Manager - NYC
New Hire

Not Pictured:

Theresa Rosicki, Patient Services Advisor, Corporate – 22 years
Deborah Ann Colacino, RN Care Manager, LI – 20 years
Nathalie B Alerte, RN Care Manager, NYC – 8 years
Devora Pahlaef, RN Care Manager, NYC – 1 year
Gertrude Laroche, RN Care Manager, LI – 1 year
Malka Yagudayeva, RN Care Manager, NYC – 10 months
Vlanhesca Monfort, RN Care Manager, LI – 8 months
Rolande Jean-Baptist, RN Care Manager, LI – New Hire



Megan Sharma
Assistant Compliance
Manager
9 months
Future nurse,
currently enrolled in
Nursing School



The Future of Caregiving

The future of caregiving will include the use of technology but there will also be an emphasis on human connection to counter the devastating health effects of social isolation on older people. Loneliness is reaching epidemic proportions. Technology can never replace the reassuring touch and kind words of a compassionate caregiver.

As the numerous baby boomers grow older there will be a need for more and better trained caregivers. And technology will play an important role. For example, there is now technology that can alert their medical team when a person needs immediate attention and prevent a worse situation that may require hospitalization.

Technology will play a big role in helping people stay in their homes. Technology will get more nuanced in the use of things like sensors and apps. But it will not violate basic principles of privacy and dignity.

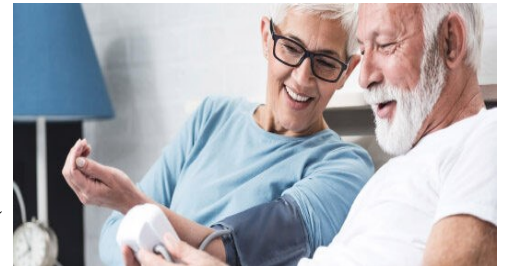
Next-generation sensors will support caregivers and older adults who want to continue living at home. There will be better "privacy checks" to control who gets the information and "really deep thoughtfulness as to what is the information they're collecting and why are they collecting it." Instead of gathering a massive amount of ongoing data about all of a person's movements in the house, for example, sensors will use logic checks built into their operating software to collect and store only the movements that seem like red flags.

Monitoring devices such as blood pressure and other devices will be automated so that a patient's vitals can be automatically and regularly sent to their primary care physician who can monitor the patient remotely and intervene when necessary. The caregiver will also be the eyes and ears of the patient's team and ready to report any change in the patient's demeanor or movement that may signal a more serious problem. Intervention before the problem exacerbates can prevent hospitalization or a serious situation.

Caregiving is not only to prolong life but also to improve the quality of life. For each person this is different. For some being able to participate in social events is important. For others keeping their mind active and staying busy is also important. No matter what, the caregiver can help facilitate these activities. As we age and can no longer do some things we took for granted, there are other things that we can enjoy and participate in.

El Futuro del Cuidado en el Hogar

El futuro del cuidado en el hogar incluirá el uso de la tecnología, pero también se hará hincapié en la conexión humana para contrarrestar los devastadores efectos del aislamiento social en la salud de las personas mayores. La soledad está alcanzando proporciones epidémicas. La tecnología nunca podrá reemplazar el toque tranquilizador y las amables palabras de un cuidador compasivo.



A medida que los numerosos baby boomers crezcan, se necesitarán más cuidadores y mejor capacitados. Y la tecnología jugará un papel importante. Por ejemplo, ahora existe tecnología que puede alertar a su equipo médico cuando una persona necesita atención inmediata y prevenir una situación peor que pueda requerir hospitalización.

La tecnología desempeñará un papel importante para ayudar a las personas a permanecer en sus hogares. La tecnología tendrá más matices en el uso de cosas como sensores y aplicaciones. Pero no violará los principios básicos de privacidad y dignidad.

Los sensores de próxima generación ayudarán a los cuidadores y a los adultos mayores que quieran seguir viviendo en casa. Habrá mejores "controles de privacidad" para controlar quién obtiene la información y "una consideración realmente profunda sobre cuál es la información que están recopilando y por qué ellos lo recogen". En lugar de recopilar una enorme cantidad de datos continuos sobre todos los movimientos de una persona en la casa, por ejemplo, los sensores utilizarán controles lógicos integrados en su software operativo para recopilar y almacenar solo los movimientos que parezcan señales de alerta.

Los dispositivos de monitoreo, como la presión arterial y otros dispositivos, se automatizarán para que los signos vitales de un paciente puedan enviarse automática y regularmente a su médico de atención primaria, quien podrá monitorear al paciente de forma remota e intervenir cuando sea necesario. El cuidador también será los ojos y oídos del equipo del paciente y estará listo para informar cualquier cambio en el comportamiento o movimiento del paciente que pueda indicar un problema más grave. La intervención antes de que el problema se agrave puede evitar la hospitalización o una situación grave.

El cuidar en el hogar no es sólo para prolongar la vida sino también para mejorar la calidad de vida. Para cada persona esto es diferente. Para algunos es importante poder participar en eventos sociales. Para otros, también es importante mantener la mente activa y ocupada. Pase lo que pase, el cuidador puede ayudar a facilitar estas actividades. A medida que envejecemos y ya no podemos hacer algunas cosas que dábamos por sentado, hay otras cosas que podemos disfrutar y en las que podemos participar.

NATIONAL NURSE'S WEEK

National Nurses Day is held annually on May 6, which marks the beginning of National Nurses Week.

Supported by the American Nurses Association, National Nurses Week celebrates nurses and their role in society. The week also helps to raise awareness about nursing as a possible career choice and also to educate the public about the kind of work nurses are involved in.

To coincide with Florence Nightingale's birthday (12th of May), National Nurses Week begins on the 6th of May and finishes on the 12th of May each year. The week celebrates the legacy of Florence Nightingale, a nurse who became famous for treating wounded soldiers during the Crimean war, and for her work in establishing nursing as a profession in its own right. Florence was affectionately known as 'The Lady With The Lamp'; she made a lot of her ward rounds at night whilst carrying a lamp. Florence Nightingale founded a nursing school in 1860, providing the first type of professional nursing establishment in the world.



A Brief History of National Nurses Week

1953: Dorothy Sutherland of the U.S. Department of Health, Education and Welfare sent a proposal to President Eisenhower to proclaim a "Nurse Day" in October of the following year. The proclamation was never made.

1974: In February of that year, a week was designated by the White House as National Nurse Week, and President Nixon issued a proclamation.

1982: In February, the ANA Board of Directors formally acknowledged May 6, 1982, as "National Nurses Day." The action affirmed a joint resolution of the United States Congress designating May 6 as "National Recognition Day for Nurses."

1982: President Ronald Reagan signed a proclamation on March 25, proclaiming "National Recognition Day for Nurses" to be May 6, 1982.

1990: The ANA Board of Directors expanded the recognition of nurses to a week-long celebration, declaring May 6 – 12, 1991, as National Nurses Week.

1993: The ANA Board of Directors designated May 6 – 12 as permanent dates to observe National Nurses Week in 1994 and in all subsequent years.

1993 The ANA Board of Directors designated May 6 - 12 as permanent dates to observe National Nurses Week in 1994 and in all subsequent years.

1996 The ANA initiated "National RN Recognition Day" on May 6, 1996, to honor the nation's indispensable registered nurses for their tireless commitment 365 days a year. The ANA encourages its state and territorial nurses associations and other organizations to acknowledge May 6, 1996 as "National RN Recognition Day."

1997 The ANA Board of Directors, at the request of the National Student Nurses Association, designated May 8 as National Student 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!



The Queens Home Health Aide Training Program

Congratulations to all the students that graduated from the Queens HHA Training Program.

We look forward to working with you and wish you success and happiness in your new career as a Home Health Aide.

Welcome to the Able Family!

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 and Options Health Plus. Prescription Benefits, vision and some dental coverage. There is an extensive network of doctors to choose from.

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.

Melody Benefits Card - Holds your wage parity benefits \$ provided by Able Health Care. All funds on this card are tax-free, so you can use 100% of it to pay for eligible expenses.

AbleRewards Program - A fun way for you to earn free rewards while working. To login to your account, go to rewards.ablehealthcare.com

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

Seguro Médico – ¡Su salud es importante para nosotros! Ofrecemos seguro médico para usted y su familia con HIP y Options Health Plus. Beneficios de medicamentos recetados, visión y cierta cobertura dental. Existe una extensa red de médicos para elegir.

Plan de jubilación 401K – nunca es demasiado tarde para empezar a ahorrar para la jubilación. El programa de Jubilación y Ahorro siempre es una ventaja. La participación es estrictamente voluntaria. Puede contribuir entre un 1% y un 15% al plan en cada período de pago. El Plan 401K de Able Health Care Service es una excelente manera de ahorrar para su jubilación.

Atención dental integral – cobertura dental asequible para usted y su familia. El plan Guardian Dental ofrece dos tipos de cobertura. Las limpiezas dentales y otros servicios tienen un precio reducido. Dependiendo de su selección, se puede incluir Ortodoncia. ¡Inscríbete hoy!

Beneficio para viajeros diarios – una tarjeta de débito que se puede utilizar para comprar pases de tránsito para usar en el metro, autobuses, trenes, ferry o UberPool de la ciudad de Nueva York.

Depósito directo – reciba su pago directamente en su cuenta corriente o de ahorros. No haga largas colas ni pague tarifas por cambiar cheques. Reciba su pago automáticamente. Es fácil inscribirse y ver sus extractos de pago en su teléfono móvil.

Bono por recomendación – recomienda a un amigo. Usted y su amigo pueden recibir cada uno un bono de \$150 cada uno. Llame a su sucursal para más detalles.

Tarjeta de beneficios Melody – contiene sus beneficios de paridad salarial en \$ proporcionados por Able Health Care. Todos los fondos de esta tarjeta están libres de impuestos, por lo que puede utilizar el 100% para pagar gastos elegibles.

Programa AbleRewards – una forma divertida de ganar recompensas gratuitas mientras trabaja. Para iniciar sesión en su cuenta, vaya a recompensas.ablehealthcare.com

REFER A FRIEND BONUS PROGRAM RECOMIENDA UN PROGRAMA DE BONIFICACIÓN DE AMIGOS

To All Able Caregivers:

Take advantage of Able's 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:

Aproveche el programa de bonificación por recomendar a un amigo de Able.

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 participar.

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 & 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) 863-7641

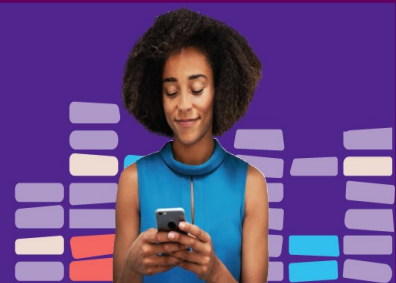
Joseph Ilg – (631) 351-5129

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.







wisely
by ADP

**Take charge of
your money —
wherever life
takes you.**



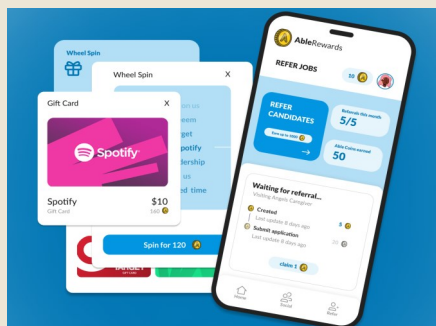
**Manage your money anytime, anywhere,
with the myWisely® mobile app.¹**

- | | |
|---|---|
| <p> Track your finances.</p> <ul style="list-style-type: none"> • See where you're spending • Stay on top of your balances • Set customized account alerts¹ <p> Build emergency savings.</p> <ul style="list-style-type: none"> • Set aside money in savings envelopes² • Have a portion of your pay automatically saved • Start saving with any amount | <p> Shop and pay bills.</p> <ul style="list-style-type: none"> • Pay bills¹ like your rent or utilities • Add your Wisely card to your mobile wallet • Get cash back¹ when you shop, dine, and travel <p> Safeguard your money.</p> <ul style="list-style-type: none"> • Lock/unlock a lost or stolen Wisely card • Be protected from unauthorized purchases¹ • Alert us in the app when you use your card for out-of-state travel¹ |
|---|---|



AbleRewards

**Join AbleRewards
and get rewarded for working.**



**Earn AbleCoins.
Redeem Gift Cards.**

**Log in to redeem your first \$5 Gift
rewards.ablehealthcare.com**

HHaExchange Mobile App

The HHAX Mobile App is a tool used to:

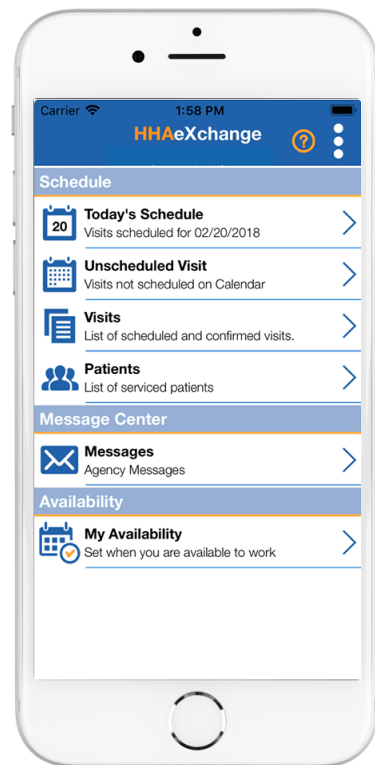
- ◆ **Clock in and out of a visit**
- ◆ **Enter tasks**
- ◆ **Review patient and visit information**
- ◆ **Keep track of your schedules**
- ◆ **Receive and respond to messages from the office, manage availability**
- ◆ **Express interest in open shifts and much more.**

The HHAX Mobile App is available for both iPhone and Android users.

Sign up and Register today!

**Be sure to provide your branch
with your Mobile ID to get your
Mobile App profile activated.**

Once your Mobile App profile is activated, you will see Patient and Visit information in you Mobile App!



HHaExchange Reminders

Here are some HHaExchange (HHAx) reminders to make sure you get paid correctly and on time:

- The HHAx Toll Free Telephony number is 844-968-4308. Press 1 to call in, 2 to call out.
- When calling in or out be sure to use the patient's home phone number or other approved EVV phone number on record for the patient.
- Enter your correct assignment ID number.
- Enter correct task codes according to your patient's Plan of Care (POC). Do not include other tasks that are not on the POC. Remember a minimum of 5 tasks must be recorded.
- **Downloading the HHAx Mobile App.** When you download the App for the first time HHAx will email you an ID code. Be sure to call your branch to supply them with the ID Code you received.
- If for any reason there is a glitch and the HHAx system is not working, be sure to complete and submit a signed paper time sheet to the branch in order to get paid correctly and on time.



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ablehealthcare.com

The Able Home Care News 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 Home Care News 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.

MELODY BENEFITS CARD

This card holds your wage parity benefits \$ provided by Able. All funds on this card are tax-free, so you can use 100% of it to pay for eligible expenses.

WHAT BENEFITS IS ABLE GIVING YOU?

| | | |
|--|---|---|
| Dependent Care (Up to \$5,000/year) Nanny & Newborn Care Babysitting Summer Camp Elder Care Daycare After School programs | Medical & Pharmacy (Up to \$1,800/year) Medical Exams Clinic Fees Lab Tests Co-payments Medical Products FSA/OTC | Education (Up to \$5,000/year) Language Courses Professional Courses |
| | | Phone (Up to \$100/month) Phone Bills New Phone |
| Transit (Up to \$150/month) MetroCard Parking Uber pool | Dental (Unlimited) Exam & Cleaning Braces & Crowns Extractions & Fillings Retainers & Invisalign | Vision (Unlimited) Exam & Equipment Eyeglasses Eye Surgery Contract Lenses |

Sending a huge

Thank You

to our **amazing** nurses!

We're grateful for

the difference they make
in the lives of our patients and families

each and every day.