

The Able Times

ABLE HALL OF FAME

AIDE OF THE MONTH



Volume 29
September 2024

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Volda Lancaster

It is our pleasure to honor Home Health Aide Volda Lancaster, from the Hempstead branch, as Aide of the Month for July.

Volda has been a dedicated caregiver and Able employee for over 34 years and her patients love and appreciate her.

Congratulations!

WALK TO END ALZHEIMER'S

Sunday, October 6, 2024

Join Our Team: Able Health Care Service

Our goal is to raise \$2,000 as a team... we have raised \$900.00 so far.

(Every dollar raised helps advance the care, support, and research efforts of the Alzheimer's Association)

Click the link below to check out the page and register today:

ABLE's Team Page for Walk to End Alzheimer's

https://act.alz.org/site/TR/Walk2024/NY-LongIsland?team_id=880062&pg=team&fr_id=17803

Did you know ...1 in 3 seniors die with Alzheimer's or another dementia.

Did you know ...More than 6,000,000 Americans are living with Alzheimer's.

Did you know ...More than 11,000,000 American women are either living with Alzheimer's or caring for someone who has it.

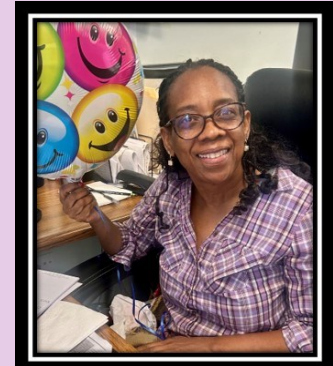
Top Contributor of the Week



EVENT DETAILS:

Time:
Check-in at 9 a.m.
Ceremony at 10 a.m.
Walk at 10:30 a.m.

Location:
Eisenhower Park Field 6/6A
Merrick and Stewart Avenues
East Meadow, NY 11554



Elsy Duroseau

THE IMPORTANCE OF HOME HEALTH CARE

Why is home health care important? The importance of home health care lies in its ability to **maintain independence, provide personalized care, and ensure continuity of care.** By prioritizing these aspects, home health care plays a vital role in supporting the well-being and overall quality of life of individuals who require assistance in their own homes. Seniors who stay at home tend to live longer than those who live in nursing homes, and studies have confirmed this fact. In addition, those who stay at home tend to be physically and mentally healthier compared to the residents of nursing homes. Home health care also promotes the healing process.

The goals of home health care services are to help individuals to improve function and live with greater independence; to promote the client's optimal level of well-being; and to assist the patient to remain at home, avoiding hospitalization or admission to long-term care institutions.

Let's examine several benefits of home health care:

1. **Greater Independence** - Older adults may not admit they're struggling because they don't want to lose their independence. One of the primary benefits of home health care is that it helps older adults continue doing everyday tasks like walking, bathing, dressing and preparing meals. This way, they can live independently at home as long as possible.
2. **Safety, Comfort and Convenience** - Research shows that elderly adults recover faster, with fewer complications, at home than in a hospital. With home health care, patients can get help managing their medications. This prevents harmful drug interactions, which can help you avoid going to the hospital. An occupational therapist can help create a safe environment to reduce the risk of falls. Being at home allows older adults to stick to their routines in familiar surroundings and maintain a sense of normalcy in their lives.
3. **Relief for Family Caregivers** - The benefits of home health care also extend to family caregivers. Home health aides can help with bathing, dressing and other daily tasks. This relieves some of the burden on family caregivers. The home health team can also educate family members about how to provide follow-up care and connect them with helpful resources. This type of support provides peace of mind and protects against caregiver burnout.
4. **Prevents Avoidable Trips to the Hospital** - Older adults may be able to avoid unnecessary hospital visits by managing their health conditions at home. Home health care helps by providing regular monitoring and education. Patients also have 24/7 access to a professional they can call if they're having troublesome symptoms and aren't sure what to do.
5. **Saves Money** - Avoiding unnecessary trips to the hospital saves money. Home health care can also save money by delaying or preventing the need for nursing home care or other more intensive types of care. The costs of home health care are covered by Medicare as well as Medicare Advantage payors and private insurance for eligible patients.
6. **High Quality** - An important benefit of home health care is that it is grounded in evidence-based practices and standards of care to make sure patients receive the right care at the right time in their home. You can check quality scores on Care Compare.
7. **Personalized Care** - Patients receive one-on-one attention and a care plan that is tailored to their specific needs. This makes treatment more effective and builds trust among the patient, caregiver and home health care team.
8. **Team of Professionals** - Nurses, physical therapists, occupational therapists, speech therapists, social workers and aides make up the home health care team, with oversight by a physician. Each team member is carefully screened and trained. Patients can see these professionals without having to go to a doctor's office, rehabilitation facility or hospital.
9. **Wide Range of Services** - Home health care includes comprehensive clinical care. From skilled nursing and therapy to wound care and medication management, patients can receive a wide variety of treatments at home.
10. **Companionship** - In addition to receiving visits from the home health care team, it's easier for friends and relatives to visit an elderly loved one in their home than in the hospital or at a facility. With no time restrictions or set visiting hours, patients get more social interaction. This combats loneliness and brings families together.



Able Health Care Service, Inc. 401(K) Plan Enrollment and Participant Information

Call the ADP Participant Services Team at 800-695-7526 to get help with account access questions. Live reps are available from 8am to 9pm EST Monday through Friday. Multi-lingual assistance is available upon request.

Enrollment Tools

https://cms.adp retirementmarketing.com/asset/pdf/99-6054-P_Enrollment_Tools_Flyer.pdf/null/955

Video for account access via the website

<https://www.adp retirementmarketing.com/video/navigatingretirementwebsite/>

Account Access Brief

https://adp retirementmarketing-files.s3.amazonaws.com/pdfs/99-0525-P_Account_Access_Slick_MyADP.pdf

Rollover Resource Page

<https://gateway.on24.com/wcc/experience/eliteadp retirement services1/2047502/2934684/rollover-resource-page>

Resources: On24 Education Site

<https://gateway.on24.com/wcc/experience/eliteadp retirement services1/2047502/2099116/achieve-adp-401k-participant-education-site>

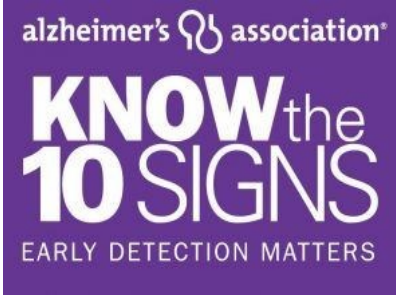
Spanish Resources: On24 Education Site:

<https://gateway.on24.com/wcc/experience/eliteadp retirement services1/2047502/2134336/spanish-target-page>

For Retirement Guidance

Brett Berkman, Merrill Lynch Wealth Management / P: (203) 863-7641 / Email: brett_berkman@ml.com





1. MEMORY LOSS THAT DISRUPTS DAILY LIFE. One of the most common signs of Alzheimer's disease, especially in the early stages, is forgetting recently learned information. Others include forgetting important dates or events, asking the same question over and over again, or increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things the person used to handle on their own. *What's a typical age-related change? Sometimes forgetting names or appointments, but remembering them later.*

2. CHALLENGES IN PLANNING OR SOLVING PROBLEMS. Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did

- before. *What's a typical age-related change? Making occasional errors when managing finances or household bills.*
- 3. DIFFICULTY COMPLETING FAMILIAR TASKS.** People living with Alzheimer's disease often find it hard to complete routine tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game. *What's a typical age-related change? Occasionally needing help to use microwave settings or to record a TV show.*
 - 4. CONFUSION WITH TIME OR PLACE.** People living with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there. *What's a typical age-related change? Getting confused about the day of the week, but figuring it out later.*
 - 5. TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS.** For some people, vision problems are a sign of Alzheimer's. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving. *What's a typical age-related change? Vision changes related to cataracts.*
 - 6. NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING.** People living with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue, or repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name. *What's a typical age-related change? Sometimes having trouble finding the right word.*
 - 7. MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS.** A person living with Alzheimer's may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses. *What's a typical age-related change? Misplacing things from time to time and retracing steps to find them.*
 - 8. DECREASED OR POOR JUDGMENT.** Individuals may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, or pay less attention to grooming or keeping themselves clean. *What's a typical age-related change? Making a bad decision once in a while, like neglecting to change the oil in the car.*
 - 9. WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES.** A person living with Alzheimer's disease may experience changes in the ability to hold or follow a conversation. As a result, they may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity. *What's a typical age-related change? Sometimes feeling uninterested in family or social obligations.*
 - 10. CHANGES IN MOOD OR PERSONALITY.** Individuals living with Alzheimer's may experience mood or personality changes. They may be easily upset at home, at work, with friends or when out of their comfort zone. *What's a typical age-related change? Developing very specific ways of doing things and becoming irritable when a routine is disrupted.*

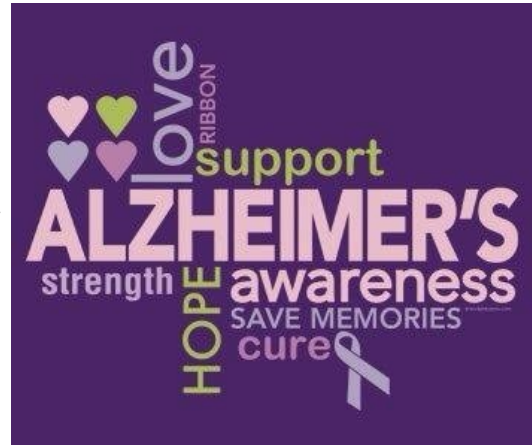
Signs of Alzheimer's and Dementia	Typical Age-Related Changes
Poor judgment and decision-making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering it later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time

WHAT'S NEXT?

If you're concerned that you or someone you know is displaying any of these signs, take action:

- Talk to someone you trust. It can be helpful to confide in a friend or family member. For tips on how to have a conversation, visit alz.org/memoryconcerns.
- See a doctor. Get a full medical evaluation to determine if it's Alzheimer's or something else. Early diagnosis gives you a chance to plan for the future, access support services and explore treatment options. To learn more about the diagnostic process, visit alz.org/evaluatememory.
- Get support and information. Call the Alzheimer's Association 24/7 Helpline (800.272.3900) or visit alz.org/10signs.

Note: This list is for information only and not a substitute for a consultation with a qualified medical professional.



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

URGENT CALL IN CALL OUT REMINDERS / LLAMADA URGENTE LLAMADA RECORDATORIOS

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 de 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 charge of your money — wherever life takes you.

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



Track your finances.

- See where you're spending
- Stay on top of your balances
- Set customized account alerts¹



Shop and pay bills.

- Pay bills³ like your rent or utilities
- Add your Wisely card to your mobile wallet
- Get cash back⁴ when you shop, dine, and travel



Build emergency savings.

- Set aside money in savings envelopes²
- Have a portion of your pay automatically saved
- Start saving with any amount



Safeguard your money.

- Lock/unlock a lost or stolen Wisely card
- Be protected from unauthorized purchases⁵
- Alert us in the app when you use your card for out-of-state travel¹

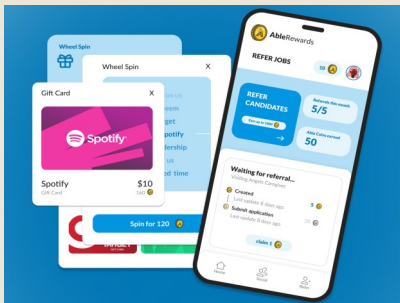
Take charge of your money today!

Download the myWisely app.¹



Able Rewards

Join *Able Rewards* and get rewarded for working.



Earn AbleCoins. Redeem Gift Cards.

Log in to redeem your first \$5 Gift

rewards.ablehealthcare.com

HHaEXchange Mobile App

Use the HHAX Mobile App 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.



Here are some

HHaEXchange Reminders

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.

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?

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



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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.

Did you know?

The month of September was named after Septem, which means seven. That's because it was the 7th month of the 10-month Roman calendar. In 451 BCE, January and February were added to the calendar, and things became a mess for quite a while. But September's name never made sense again.

Don't Be Left in the Dark

Weathering Floods, Storms and Power Outages

**BEFORE
Plan Ahead**

Prepare and share an evacuation plan with your family.



Have emergency supplies on hand.



Charge your cell phone and portable charger.

**DURING
Safety First**

Tune in for weather, safety and water supply alerts.



Only run generators outside, far away from your home.



Tell someone where you are going and when you plan to arrive, if you have to leave your home.

**AFTER
Clean up & Restock**

Restock emergency supplies a little at a time.



Never mix household cleaners.



Remove standing water, moisture and wet materials to prevent mold.



If you see or smell fuel oil in your home, immediately call (800) 457-7362.



Keep trash covered and away from your home.



**FOOD & WATER
Before, During, After**

Throw away spoiled food.

Stock up on non-perishable food.

Check local alerts to ensure water is safe to drink.

Know when to disinfect your private well or tap water.

Use bottled water if you suspect water contamination.



Keep 2 gallons of water per person for 3-7 days.



Learn more at www.health.ny.gov/FloodHelp & get the free booklet, *Don't Be Left in the Dark*.



Department of Health