

# The Able Times

*From the Desk of Michael Shapiro, President*

## COMPANIONSHIP

Each of our patients has their unique needs but there is one need that we all have in common, companionship. Many of our patients have family and friends to provide them with support and comfort. Some patients may not have family or friends available or nearby. Among all the tasks a home health aide may do, providing companionship may be the most important, and is often overlooked.



Home Health Aides are people persons and provide the companionship to our patients that make the difference in

their psychological as well as physical well being. For home bound patients, having someone to talk to and interact with is invaluable. It is as important as other tasks, such as cooking, meal preparation and personal care.

The same benefits of companionship that experts notice in marriage and pet ownership, are also observed in home care. There may be much conjecture why this is true but the statistics themselves support this conclusion. We are all better off with others and not being alone. While our individual needs for companionship vary and while the extremely stoic may not need others in their lives, most of us do. Companionship is important for the

elderly homebound who often feel isolated and depressed by their situation. Some of the ways to alleviate loneliness in our patients may be:

- Listening – Allowing others to share their experiences or feelings is priceless. People feel better about themselves when we listen to them and validate them by just listening. Seniors often long to reminisce—to relive happy memories, affirm who they are, or gain insights about their life; so take some time to be a friendly and attentive listener.
- Act as a liaison between your patient and family members, encourage them to call each other or make visits. Encourage younger family members to follow their curiosity and listen to stories from their grandparents or great grandparents.
- Explore interests. Many people over time have lost interest in hobbies or past times. These can be rekindled with a little effort; an old recipe or going through a stamp album.
- There is much to learn from our patients. You can ask them to share with you things they have gathered from many years of life's lessons and their personal experiences.
- Encourage Active Thinking, research now shows staying mentally active can ward off much of the mental decline we associate with aging, so initiate a conversation.
- Offer a Smile. A smile goes a long way to show that you care.
- Be positive and cheerful.



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My mother's home health aide was a gem. Before she passed, her aide spent many hours each day talking and reminiscing with her. The day she was to start my mother was very nervous; would she be kind? Be friendly? Be competent and on time? It took less than one hour before they became best friends. Although my mother was very ill and on hospice, with the companionship and services of her aide she lived happily for the next 2 years. Although we lived far away and made visits as much as possible we had peace of mind knowing that her loving and kind home health aide and friend was there for her. My mother looked forward to her caregiver's arrival every day.

*From the Desk of Sandra Weintraub, Executive Director*

## TEAM WORK



To All the Able staff I met, thank you for the warm welcome. For those I have not had the opportunity to meet, I would like to introduce myself. I'm Sandy the new Executive Director. As a clinician with many years of home care experience I had the opportunity to work with a diverse group of clerical, paraprofessional and professionals which I called the TEAM. I learned early in my career I needed the support from the team to be able to do my job to ensure the patients and families achieved their goals.

So what is Team Work? The process of working collaboratively with a group of people in order to achieve a goal. It means people will cooperate using their individual skills and providing constructive feedback despite any personal conflict between individuals. It's a group of people working together cohesively towards a common goal, creating a positive working atmosphere, and supporting each other to combine individual strengths to enhance team performance.

Team work doesn't just happen. It requires hard work. Over the next few months you will be hearing more about team work and team building. You can start today, by just asking a co-worker if you can help. Just lend a hand whenever you can.

# Able's Hall of Fame

## EMPLOYEE RECOGNITION



Dolores Guzman is one of the BEST Home Health Aides I've had the pleasure of working with. She's warm, generous, compassionate and dedicated to providing excellent care to our clients. Dolores has been caring for the same patient for 16 years. Her client had this to say about her, "Dolores is such a nice girl, very good at her job and has always been there for me". Please join The White Plains Office in acknowledging Dolores' loyalty and commitment to Able Health Care!

LaShawne Kirkem, Branch Manger

Dear Mr. Shapiro and Ms. Perry:

*I would like you to know that my mother was recently cared for by your agency. She has since passed, but you should know about the wonderful care she received by two of your employees. Actually every aide from Able was really great.*

*Mom's regular daytime aide was Ann Marie Lewis (9am – 3pm). She was ALWAYS prompt and was extremely reliable during the duration of her care. We never worried that she wouldn't show up, or would be late. She is extremely knowledgeable about home health care and elderly patient procedures. She offered us some tips for wound care and fall prevention techniques to name a few, which we were able to implement while caring for mom. She kept the house immaculately clean, mom was extremely well cared for and helped with the coordination of mom's doctor appointments. She reminded mom to take medicines when she forgot and was a diligent observant of any health or home care problems/issues that should be addressed. She is trustworthy and represents your company with the upmost professionalism.*

*Mom did have a couple of great evening aides (3pm – 9pm), but her last aide - Carla Suarez was truly wonderful. She worked hard to keep mom comfortable during the evening, completed anything that was not attended to during the day and was sure that mom had everything at her bedside reach before leaving for the evening. She encouraged mom to eat a healthy dinner and prepared meals like a chef. She was kind and nurturing. We were able to rest easy knowing that Carla was there caring for mom. She is a hard working employee and is an asset to your company image.*

*Thank you so much for the care and expertise your agency provided to our mom when she truly needed it most.*

*Sincerely, T & D \_\_\_\_*

## THE HEMPSTEAD TRAINING CLASS SEPTEMBER 2016



### COMMENTS MADE FROM STUDENTS OF ABLE'S FREE HHA TRAINING PROGRAM:

*I enjoyed a great teacher who teaches everything so you understand. I loved the skills areas.*

*I enrolled in the training program because I love taking care of people and I love to know how best I can help them.*

*My teacher made learning new skills very interesting and fun. My class members and I appreciated her patience and her willingness to make sure we understood the material.*

*I'm really looking forward to starting my new career as a Home Health Aide. I enjoyed the training program and learned so much.*



Lorena from our White Plains branch and her husband Leo are expecting a baby girl in February.

Their daughter Leah can't wait to meet her baby sister!

Congratulations!



**Happy 40th Anniversary!**  
**1976 - 2016**





# Flu Vaccination



## Why should people get vaccinated against the flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very

sick from the flu and spread it to others. Over a period of 31 seasons between 1976 and 2007, estimates of flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people. During recent flu seasons, between 80% and 90% of flu related deaths have occurred in people 65 years and older. "Flu season" in the United States can begin as early as October and last as late as May. During this time, flu viruses are circulating at higher levels in the U.S. population.

*An annual seasonal flu vaccine (either the flu shot or the nasal spray flu vaccine) is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.*

## Can the flu vaccine give me the flu?

**The flu shot:** The viruses in the flu shot are killed (inactivated), so you cannot get the flu from a flu shot. Some minor side effects that may occur are:

- Soreness, redness, or swelling where the shot was given;
- Fever (low grade); Aches

**The nasal spray:** The viruses in the nasal spray vaccine are weakened and do not cause severe symptoms often associated with influenza illness. Side effects from the nasal spray may include:

- Runny nose; Wheezing; Headache; Vomiting; Muscle aches; Fever; Sore throat; Cough

If these problems occur, they begin soon after vaccination and are mild and short-lived. Almost all people who receive influenza vaccine have no serious problems from it. However, on rare occasions, flu vaccination can cause serious problems, such as severe allergic reactions.

## ¿Por qué la gente vacunarse contra la gripe?

La Influenza es una enfermedad grave que puede llevar a la hospitalización e incluso la muerte. Cada temporada de gripe varía, y la infección por influenza puede afectar a las personas de manera diferente. Hasta las personas sanas pueden llegar a contraer la gripe y contagiar a otros. Durante un período de 31 temporadas entre 1976 y 2007, en los Estados Unidos las estimaciones de muertes asociadas a la gripe van aproximadamente desde un mínimo de 3,000 a un máximo de aproximadamente 49,000 personas. Durante las últimas temporadas de gripe, entre el 80 % y el 90 % de las muertes relacionadas con la influenza han ocurrido entre personas de 65 años o más. "La temporada de gripe" en los Estados Unidos puede comenzar tan pronto como en octubre y durar hasta finales de mayo. Durante este tiempo, el virus de influenza está circulando en niveles más altos en la población de EE.UU.

*Una vacuna antigripal anual (ya sea la vacuna contra la gripe o la vacuna contra la gripe en forma de aerosol nasal) es la mejor manera de reducir las posibilidades de que obtenga el virus de la gripe y reducir su propagación a otros. Mientras más personas se vacunen contra la gripe, menos personas puede propagarla a través de esa comunidad.*

## ¿Puede la vacuna contra la gripe darme la gripe?

**La vacuna contra la gripe:** Los virus en la vacuna antigripal mueren (inactivada), para que usted no pueda contraer la gripe de la vacuna antigripal. Algunos efectos secundarios menores que pueden ocurrir son:

- dolor muscular; enrojecimiento o hinchazón donde se aplicó la inyección; Fiebre (de bajo grado); dolores

**El aerosol nasal:** Los virus de la vacuna en spray nasal están debilitados y no causan los síntomas graves frecuentemente asociados con la enfermedad de la gripe. Los efectos secundarios del spray nasal pueden incluir:

- Nariz que moquea; sibilancias; Dolor de cabeza; vómitos; Dolores musculares; Fiebre; Dolor de garganta;

Si estos problemas ocurren, comenzarán poco después de la vacunación, son leves y de corta duración. Casi todas las personas que reciben la vacuna contra la gripe no tienen problemas graves de la misma. Sin embargo, en raras ocasiones, la vacunación contra la gripe puede causar problemas graves, como reacciones alérgicas severas.

# Prepare For Hurricane Season

**Here are five important steps to help you prepare for the wild weather ahead.**

**1. Ensure you have bottled water to last a few days.** You should have several litres of water set aside, per person per day. The public water supply can quickly become contaminated due to prolonged power outages or flooding in the watershed.

**2. Charge all batteries and cell phones.**

**3. Top up your propane tank and your vehicle.** Although you shouldn't heat your home with a propane barbecue, when the power is out it offers a good means of cooking food and purifying water. Having your vehicles fueled up is always a good idea during any storm - you never know when you may need to travel, and how far you may have to go (if roads aren't flooded).

**4. Get some cash.** Remember, when the power is out the use of ATMs is impossible, and the same goes for making any credit card purchases. Having cash in your pocket ensures you can purchase what you need, and possibly even skip the lineup.

**5. Check your property for weak tree limbs, and remember to secure outdoor furniture.** The opportunity for downed trees and tree limbs is much higher at this time of year. With this storm, powerful winds are expected, so power outages are likely. Also, to avoid insurance claims next week, have a good look around your property (and you neighbors') to ensure any weak trees or limbs are secured. If possible, bring your outdoor furniture indoors. If not, ensure they are secured, and check the path of power lines to your home. **Finally, and most importantly, stay inside and wait it out.**



# TELEPHONY

## TASK Calling

### CALLING IN:

When arriving at patient location, follow steps 1 - 2

### CALLING OUT:

When leaving patient location follow steps 1 - 4

**1** **Dial: (866) 473-7264 or (866) 251-8856**  
The SANTRAX system will say: "Welcome, PLEASE ENTER YOUR Santrax ID."

**2** **In Response:**  
Enter your Santrax ID using the numbers on the touch tone phone **OR SAY** the numbers of your Santrax ID, one number at a time after the tone.

SANTRAX will confirm digits were entered by saying: "Received (TIME)"

\*When calling in upon arrival, hang up after the system says the call (TIME)\*

SANTRAX will say: "Enter Number of Tasks"

**3** **In Response:**  
Enter the **total** number of tasks performed for the client **OR SAY** the **total** number of tasks performed for the client.

SANTRAX will ask you to: "Enter Task ID"

**4** **In Response:**  
Enter the Task Number you performed **OR SAY** the task Number you performed. *\*If you performed more than one task wait for the system to confirm the task and then enter or say the next task number.*

REPEAT step 4 until you have completed entering all tasks.

SANTRAX will say: "You entered ## of Tasks" Hang up.

**Note:** If you made a mistake entering Tasks, Press "Zero, Zero" **OR Say** "Zero, Zero", the system will confirm by saying: "Starting Over, Enter Task ID". Enter all Tasks ID's again.



## TAREAS de llamado

### LLAMAR PARA REGISTRARSE:

Cuando llegue a la localidad del paciente, siga los pasos 1 - 2

### LLAMAR PARA DESCONECTARSE:

Cuando salga de la localidad del paciente, siga los pasos 1 - 4

**1** **Llame al: (888) 324-3203 or (888) 489-7551**  
El Sistema SANTRAX le indicará: "Bienvenido, POR FAVOR INGRESE SU ID De Santrax".

**2** **En Respuesta:**  
Presione los números de su ID de SANTRAX en el teléfono de botones. **O DIGA** los números de su ID de SANTRAX, uno a la vez después del tono.

Si los 4 números no fueron presionados o expresados, SANTRAX le dirá: "Lo siento número no reconocido. Bienvenido, por favor ingrese su ID de Santrax".

SANTRAX le confirmará los dígitos que fueron ingresados diciendo: "Recibidos (HORA)"

\*Al llamar para registrarse, cuelgue después que el sistema le de la (HORA) de llamada\*

SANTRAX le dirá: "Registre el Número de Tareas"

**3** **En Respuesta:**  
Presione el número **total** de tareas realizadas para el cliente. **O DIGA** el número **total** de tareas realizadas por el cliente.

SANTRAX le pedirá que: "Entre el ID de la Tarea"

**4** **En Respuesta:**  
Presione los dos dígitos del Número de Tareas que ha realizado. **O DIGA** los dos dígitos de la tarea del Número de Tarea que ha realizado. *\*Si ha realizado más de una tarea esperar a que el sistema para confirmar la tarea y luego entrar o decir lo siguiente número de tarea.*

REPITA el paso 4 hasta que haya ingresado las tareas.

SANTRAX le dirá: "## de tareas Recibidas" Cuelgue.

**Nota:** Si comete un error al ingresar las Tareas, Presione "Cero, Cero" o diga "Cero, Cero", el sistema le confirmará al decir: "Empezando nuevamente, Ingrese su ID de Tarea". Ingrese todos los ID de Tareas nuevamente.

### What to do if there is a Problem:

These are some possible problems you may experience when using the telephone.

- ✓ Busy Signal
- ✓ No Answer
- ✓ System does not understand your Identification Number.
  1. Check the number to make sure you have the right phone number.
  2. Try Calling Again.
  3. If you still cannot complete the call, contact your supervisor.
- ✓ If the system says: "Sorry, Invalid Number"  
See if the phone has a T-P (Tone-to-pulse) switch, make sure the switch is on T. If there is no switch you must say your ID number one digit at a time, into the phone after the tone.

### Qué hacer si hay un Problema:

Estos son algunos de los posibles problemas que puede experimentar al utilizar el teléfono.

- ✓ Señal de Ocupado
- ✓ No hay respuesta
- ✓ El sistema no entiende que Número de Identificación.
  1. Revise el número para asegurarse que tiene el número de teléfono correcto.
  2. Trate de Llamar Nuevamente
  3. Si aún no puede completar la llamada, contáctese con su supervisor.
- ✓ Si el sistema le dice: "Lo siento, Número no Reconocido"  
Observe si el teléfono tiene un interruptor T-P (Tono-a-pulso), asegúrese que el interruptor este en T. Si no hay un interruptor usted debe decir su número de ID en el teléfono un dígito a la vez después del tono.

## Take Advantage of the Many Benefits Offered To You Through Employment With Able Health Care

**Health Insurance** - Eligible after three months of employment. Enrollment for you and your family with HIP. Prescription Benefits are inclusive as well as vision and some dental coverage.

**401K Retirement Plan** - Eligible after one year of service. 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, Inc. 401K Plan is a great way to save for your retirement.

**Comprehensive Dental Care** - Choice of many Dentists all at a discounted fee. Many procedures without any out of pocket cost. Choose from four options of coverage one including orthodontics. Feedback from people already enrolled has been excellent. Take advantage.

**Group Whole Life Insurance Policy** - At affordable rates through a payroll deduction plan. This program gives you the opportunity to purchase quality Life Insurance for yourself and your family at discounted group rates. There will be no physicals. Whole Life builds cash value that you can borrow against and if you wish to transfer you may.

**Direct Deposit** - Is available for your convenience.

### Tome provecho de los muchos beneficios ofrecidos por su empleo con Able Health Care.

**Seguro Medico** Elegible después de tres meses de empleo. Inscripción disponible para Usted y para su familia con HIP. Medicamentos, visión, y algunas partes del plan dental.

**401k Plan de Jubilación** Elegible después de un año de empleo. Plan de ahorros para su siempre es algo bueno. Participación es voluntaria. Usted puede contribuir del 1% al 15% al plan de su salario en cada pago. El 401K plan de Able Health Care es una excelente manera de ahorrar para su jubilación.

**Plan Dental Integral** Hay opciones de muchos dentistas a costos rebajados. Muchos de los tratamientos sin algunos costos para Usted. Puede elegir entre cuatro planes, uno incluye ortodontista. Comentarios de personas que tienen el plan han sido excelentes. Aprovéchelos.

**Grupos de Seguro de Vida** a precios asequibles a través de plan de deducción de la nómina. Este plan te da la oportunidad de comprar seguro para Usted y para su familia a precios descontados. No hay requisitos para tomar un examen médico. Whole Life acumula valor en dinero, y también puede tomar ese dinero prestado si usted lo desea o lo necesita.

**Deposito Directo** esta disponible para su conveniencia.

### INSERVICE SCHEDULE 4th QUARTER 2016

#### LOCATION: BROOKLYN

Date	Time	Subject	Time	Subject
Wednesday, Oct 5th	9:30 - 12:30	OSHA	N/A	N/A
Thursday, Oct 6th	9:30 - 12:30	Diabetes	N/A	N/A
Wednesday, Oct 19th	9:30 - 12:30	Hypertension	N/A	N/A
Thursday, Oct 20st	9:30 - 12:30	OSHA	N/A	N/A
Monday, Oct 24th	9:30 - 12:30	Special Needs	N/A	N/A
Monday, Oct 31st	9:30 - 12:30	The Effect of Smoking	N/A	N/A
Wednesday, Nov 9th	9:30 - 12:30	OSHA	N/A	N/A
Wednesday, Nov 16th	9:30 - 12:30	Elimination Problems	N/A	N/A
Monday, Dec 5th	9:30 - 12:30	OSHA	N/A	N/A
Wednesday, Dec 14nd	9:30 - 12:30	Alzheimer's Disease	N/A	N/A
Monday, Dec 19th	9:30 - 12:30	Reporting and Documentation	N/A	N/A

#### LOCATION: ISLANDIA

Date	Time	Subject	Time	Subject
Wednesday, Oct 19th	2:00 - 5:00	Communicating With Your Alzheimer Clients	6:00 - 9:00	Communicating With Your Alzheimer Clients
Wednesday, Dec 14th	2:00 - 5:00	OSHA	6:00 - 9:00	OSHA

#### LOCATION: HEMPSTEAD

Date	Time	Subject	Time	Subject
Thursday, Oct 13th	9:30 - 12:30	OSHA	1:30 - 4:30	Cultural & Religious Diversity
Thursday, Oct 27th	9:00 - 12:00	Vision Problems and Headaches	1:00 - 4:00	Respiratory Illness and Oxygen
Friday, Oct 28th	10:00 - 1:00	Common Cardiac & Musculoskeletal Disorders	N/A	N/A
Monday, Oct 31st	9:30 - 12:30	OSHA	N/A	N/A
Tuesday, Nov 1st	9:30 - 12:30	OSHA	N/A	N/A
Friday, Nov 4th	9:00 - 12:00	Mental Illness	1:00 - 4:00	Aide's Role with Medication
Tuesday, Nov 8th	9:30 - 12:30	OSHA	N/A	N/A
Wednesday, Nov 9th	9:30 - 12:30	Elder Issues	1:30 - 4:30	Restorative Care and Physical Disabilities
Thursday, Nov 10th	10:00 - 1:00	Women's Health Issues	N/A	N/A
Monday, Dec 19th	9:30 - 12:30	ADL's/Basic Housekeeping	1:30 - 4:30	Body Mechanics
Tuesday, Dec 20th	9:30 - 12:30	OSHA	N/A	N/A
Tuesday, Dec 27th	9:30 - 12:30	OSHA	N/A	N/A
Wednesday, Dec 28th	2:00 - 5:00	Alzheimer's Disease	N/A	N/A
Thursday, Dec 29th	9:30 - 12:30	Fall Prevention; Household Safety Risks	1:30 - 4:30	Care of the Cancer Patient

#### LOCATION: WHITE PLAINS

Date	Time	Subject	Time	Subject
Monday, Oct 3rd	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Monday, Oct 10th	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice Care
Monday, Oct 17th	9:00 - 12:00	Complex Modified Diets	1:00 - 4:00	Assisting With Medications
Wednesday, Oct 26th	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Wednesday, Dec 7th	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice Care
Tuesday, Dec 13th	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Thursday, Dec 15h	9:00 - 12:00	Hip and Knee Replacement	1:00 - 4:00	Caring for Clients After Orthopedic Surgery
Thursday, Dec 22nd	9:00 - 12:00	OSHA	1:00 - 4:00	OSHA
Tuesday, Dec 27th	9:00 - 12:00	Back Basics	1:00 - 4:00	The Effects of Smoking

## INSERVICE SCHEDULE 4th QUARTER 2016 (Continued)

### LOCATION: QUEENS

<i>Date</i>	<i>Time</i>	<i>Subject</i>	<i>Time</i>	<i>Subject</i>
Monday, Oct 3rd	9:00 - 12:00	Professionalism and Work Ethic	1:00 - 4:00	Discover Your Flair for Excellent Care
Wednesday, Oct 5th	9:00 - 12:00	Understanding Diabetes	1:00 - 4:00	Eye Disorders
Thursday, Oct 6th	9:00 - 12:00	Understanding Fall Risk Factors	1:00 - 4:00	Understanding Arthritis
Monday, Oct 10th	9:00 - 12:00	Stress Management	1:00 - 4:00	Working With Difficult People
Wednesday, Oct 12th	9:00 - 12:00	Modified Diets	1:00 - 4:00	Cooking for your Clients
Thursday, Oct 13th	9:00 - 12:00	Workplace Violence—Sexual Harassment	1:00 - 4:00	Sleep Disorders
Monday, Oct 17th	9:00 - 12:00	Understanding Depression	1:00 - 4:00	Cancer Patients
Wednesday, Oct 19th	9:00 - 12:00	Understanding Pain Management	1:00 - 4:00	Beyond the Bathtub; Bathing Alternatives
Thursday, Oct 20th	9:00 - 12:00	Respiratory Disease	1:00 - 4:00	Pertussis
Monday, Oct 24th	9:00 - 12:00	Maintaining your Client's Dignity	1:00 - 4:00	Schizophrenia
Wednesday, Oct 26th	9:00 - 12:00	Hospice Care	1:00 - 4:00	Special Needs
Thursday, Oct 27th	9:00 - 12:00	Hepatitis A + B	1:00 - 4:00	Patient Bill or Rights
Monday, Oct 31st	9:00 - 12:00	Growth and Development	1:00 - 4:00	Spiritual Needs of the Client
Wednesday, Nov 2nd	9:00 - 12:00	Spinal Cord Injury	1:00 - 4:00	Understanding Obesity
Thursday, Nov 3rd	9:00 - 12:00	Feeding Difficulties	1:00 - 4:00	Nutrition and the Elderly
Monday, Nov 7th	9:00 - 12:00	Men's Health	1:00 - 4:00	Women's Health
Wednesday, Nov 9th	9:00 - 12:00	Special Needs	1:00 - 4:00	Hospice Care
Thursday, Nov 10th	9:00 - 12:00	Cardiac Conditions	1:00 - 4:00	Oxygen Safety
Monday, Nov 14th	9:00 - 12:00	Dealing with Family Members	1:00 - 4:00	How to Prioritize your Work
	9:00 - 12:00	Taking Care of your Back	1:00 - 4:00	Fire Prevention and Safety
Wednesday, Nov 16th	9:00 - 12:00	Normal Aging Process	1:00 - 4:00	The Role of Humor in Healing
	9:00 - 12:00	N/A	1:00 - 4:00	N/A
Thursday, Nov 17th	9:00 - 12:00	All About Bed Bugs	1:00 - 4:00	Preventing Falls in the Healthcare Workplace
	9:00 - 12:00	Understanding Autism	1:00 - 4:00	End of Life Care
Monday, Nov 21st	9:00 - 12:00	The Human Body	1:00 - 4:00	Understanding Cholesterol
	9:00 - 12:00	Pain Management	1:00 - 4:00	Understanding Restorative Care
Wednesday, Nov 23rd	9:00 - 12:00	Important Vaccines for Older Adults	1:00 - 4:00	Handling Incontinence and UTI's
Monday, Nov 28th	9:00 - 12:00	Understanding Bleeding Disorders	1:00 - 4:00	Heart Attacks
	9:00 - 12:00	Ebola	1:00 - 4:00	HIV + AIDS
Wednesday, Nov 30th	9:00 - 12:00	Safe Environment for Clients with Dementia	1:00 - 4:00	Special Communication
	9:00 - 12:00	Diabetes and its Complications	1:00 - 4:00	Grieving for and with your Clients
Thursday, Dec 1st	9:00 - 12:00	Dynamics of Aging	1:00 - 4:00	Supporting Self Esteem
	9:00 - 12:00	Attitudes and Behaviors Being a Professional	1:00 - 4:00	Helping Clients with Mobility
Monday, Dec 5th	9:00 - 12:00	Basic First Aid	1:00 - 4:00	Signs and Symptoms
	9:00 - 12:00	Breast Cancer	1:00 - 4:00	Women's Health
Wednesday, Dec 7th	9:00 - 12:00	Growth and Development	1:00 - 4:00	Recognizing/Reporting Abnormal Observations
	9:00 - 12:00	N/A	1:00 - 4:00	N/A
Thursday, Dec 8th	9:00 - 12:00	Understanding Cultural Diversity	1:00 - 4:00	Assisting with Medications
	9:00 - 12:00	Understanding Arthritis	1:00 - 4:00	Understanding Delirium
Monday, Dec 12th	9:00 - 12:00	Diabetes	1:00 - 4:00	Modified Diets
	9:00 - 12:00	Elderly Activities	1:00 - 4:00	Elderly Abuse and Neglect
Wednesday, Dec 14th	9:00 - 12:00	Hospice Care	1:00 - 4:00	Special Needs
	9:00 - 12:00	Hospice Care	1:00 - 4:00	Special Needs
Thursday, Dec 15th	9:00 - 12:00	Understanding Restorative Care	1:00 - 4:00	Hypertension
	9:00 - 12:00	Understanding the Norovirus	1:00 - 4:00	Nutrition for the Elderly
Monday, Dec 19th	9:00 - 12:00	Hip and Knee Replacement	1:00 - 4:00	Asthma Care
	9:00 - 12:00	Understanding Osteoporosis	1:00 - 4:00	Kosher Homes
Wednesday, Dec 21st	9:00 - 12:00	Understanding Kidney Disease	1:00 - 4:00	Adult Failure to Thrive
	9:00 - 12:00	Peripheral Artery Disease	1:00 - 4:00	Sleep Disorders
Thursday, Dec 22nd	9:00 - 12:00	Working with Clients w/Intellectual Disabilities	1:00 - 4:00	Dementia
	9:00 - 12:00	Oxygen Safety	1:00 - 4:00	Feeding Difficulties
Wednesday, Dec 28th	9:00 - 12:00	Understanding Drug Resistant Bacteria	1:00 - 4:00	Vital Signs
	9:00 - 12:00	All about Bed Bugs	1:00 - 4:00	Managing Anger in the Workplace
Thursday, Dec 29th	9:00 - 12:00	Understanding Religious Diversity	1:00 - 4:00	Preventing Elopement
	9:00 - 12:00	Hypertension	1:00 - 4:00	Preventing Pressure Sores





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The Able Times is a publication of Able Health Care Service, Inc 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  
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Queens  
718-779-7000

Brooklyn  
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## TOP 10 Health Benefits of

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1. Cancer Prevention
2. Antioxidant Activity
3. Antihyperglycemic
4. Anti-diabetes
5. Cardiovascular Protection
6. Cholesterol Reduction
7. Anti-asthma
8. Weight Reduction
9. Anti-cholera
10. Anti-COPD Symptoms



**In-service Schedule on page 6 and 7 for October, November and December 2016**

To remain in compliance as an HHA you are required to attend 12 hours or 4 in-services each year. The informative and educational in-services listed on the previous pages will be presented at your local branch office. 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.*