



"A New Chapter Begins: Make It Unforgettable"

2026 is not just a change on the calendar, but a profound opportunity to script a new, empowering chapter and truly make 2026 your defining year. It's a collective call to action, to reflect, reset, and project forward with renewed purpose.

The turn of the year traditionally serves as a powerful psychological breakpoint, offering a chance to evaluate the highs and lows of the past 365 days and shed any baggage that might impede progress. For 2026, the rhetoric suggests moving beyond passive resolutions to an active, strategic intent, urging individuals to shape their destinies rather than merely observe them.

Experts emphasize that making 2026 a standout year involves a holistic approach. It's not solely about material achievements, but also encompasses mental fortitude, emotional intelligence, and physical vitality. Prioritizing self-care, fostering meaningful connections, and cultivating a positive mindset are equally crucial components of holistic success.

Don't hesitate to take bold actions, try new things, and learn from every stroke you create. Resilience, adaptability, and an unwavering belief in your capacity to overcome obstacles will be your most valuable tools.

The digital age, while sometimes overwhelming, also provides unprecedented resources for personal development. From online learning platforms offering new skills to mental wellness apps promoting mindfulness, the tools to support individual goals are more accessible than ever before. Leveraging these resources, coupled with discipline and perseverance, can turn ambitious visions into tangible realities.

As 2026 stretches out before us, a year brimming with potential and possibilities, the opportunity to define it is yours alone. It's a chance to rewrite narratives, chase long-held dreams, and build the foundation for the future you envision.

So, as you step into this new chapter, remember: the power to make 2026 truly your year rests firmly in your hands. Embrace the journey, and write a story worthy of celebration.



Introducing The Hub Central *Article on Page 3*



RES Home Care Introduces a New Mental Health Counseling Program *Article on Page 6*

In this newsletter, you will find:

- **Home Care Corner**
- **Community Hub**
- **Behind The Scenes**



The RES Senior Club "Throwback Thursdays" *Article on Page 10*



RES Home Care receives The Proclamation Award *Article on Page 12*



RES Home Care Digital Career Center Application to Onboarding *Article on Page 11*

KEEPING SENIORS SAFE AND COMFORTABLE DURING WINTER

The Importance of Home Care

Winter brings its own kind of beauty — crisp air, cozy evenings, and festive moments with loved ones. But for many seniors, it can also bring challenges that affect their health, safety, and overall well-being. Cold weather, icy walkways, and shorter days can make daily routines more difficult and increase the risk of accidents or illness. That's where professional home care services make a real difference.

As temperatures drop, seniors become more vulnerable to several risks, such as Falls and Injuries. Snow and ice can turn simple tasks, like checking the mail or stepping outside, into dangerous activities. A fall can lead to serious injuries and long recovery times.

Cold-Related Health Issues: Seniors are more susceptible to hypothermia, frostbite, and worsening of chronic conditions such as arthritis, heart disease, or respiratory problems.

Social Isolation: Winter often means staying indoors, which can lead to loneliness, depression, and reduced mental stimulation. These challenges highlight the importance of having consistent support and companionship throughout the season.

How Home Care Services Make a Difference

Home care professionals provide personalized, compassionate assistance that helps seniors stay safe, comfortable, and independent during the winter months.

- Safety and Fall Prevention: Caregivers ensure walkways are clear, assist with mobility, and maintain a hazard-free home environment.
- Warmth and Health: They monitor room temperatures, help seniors dress appropriately, and prepare warm, nourishing meals.
- Companionship and Emotional Support: Regular visits offer conversation, friendship, and reassurance — essential for combating feelings of isolation.
- Transportation Assistance: Whether it's a doctor's appointment or a trip to the store, caregivers help seniors get where they need to go safely.

With this kind of support, seniors can confidently enjoy their daily routines, even when the weather outside is less than ideal. If you or a loved one could use extra support this winter, our dedicated home care team is here to help. We provide personalized care plans designed to keep seniors safe, healthy, and happy — right in the comfort of their own homes.

Contact RES Home Care today. Let's make this winter a season of comfort, care, and peace of mind.



As we age, our bodies naturally become more sensitive to cold. Seniors often feel colder in winter because metabolism slows down, muscle mass decreases, and circulation isn't as strong as it used to be—making it harder to stay warm. Certain medications and medical conditions can also affect temperature regulation. That's why keeping homes cozy, dressing in layers, and staying active are especially important for older adults during the colder months.

RES Home Care - Aging At Home Program

The Aging at Home Program at RES Home Care empowers older adults to live confidently, safely, and independently in the comfort of their own homes—giving families true peace of mind. Designed with both support and convenience in mind, this program connects clients with personalized care, valuable resources, and services that enhance daily living.

In addition to direct care services, the program assists individuals and families with Medicaid applications and NHTD/TBI Waiver enrollment, ensuring they can access the essential long-term supports they need. By offering flexible, client-centered solutions, the Aging at Home Program helps reduce hospitalizations, delay or prevent nursing home placement, and improve overall quality of life—while guiding families toward cost-effective options that create meaningful long-term savings.

It's our commitment to making aging at home easier, more accessible, and more fulfilling—while delivering the peace of mind every family deserves.

Call our Intake Dept. at (631) 732-4794 Ext 112.

2025 NYS Proclamation Award

2025 Top Workplace in Long Island by Newsday

2024 NYS Congressional Award &

Lifetime Achievement Award

2018/2019 Top Workplace in Long Island by Newsday

**25 YEARS
OF SERVICE**
SERVING
NASSAU AND
SUFFOLK COUNTIES



**Home Care Services
Mental Health Programs
Social Day Programs
Traumatic Brain Injury Services
Aging At Home Program
Medicaid/Waiver Enrollment Assistance**



Home Care Corner

2026 A Year of Innovation: Introducing The Hub Central



CONNECT WITH ELLIE

**REGISTER NOW FOR
FREE BETA TESTING**

Here's what you'll find inside:

- **The Welcome Center:** A friendly digital guide to help every user feel at ease.
- **The Health & Care Pavilion:** Connect monitoring devices, track daily health data, and receive early alerts to prevent costly medical crises.
- **The Social & Events Hub:** A lively schedule of classes, workshops, and activities that keep clients socially engaged and emotionally supported.
- **The Digital Support Assistant:** Tools to simplify medications, appointments, schedules, and documents — reducing the burden on caregivers.

The goal is not to replace the personal relationships at the heart of RES. The goal is to strengthen them by giving families a clearer, easier, and more affordable way to stay organized and stay ahead.



JOIN THE FREE 2026 BETA TEST

Because RES families understand real-world care better than anyone.
Our community is being invited to test the platform first.

The Hub Central Beta runs from **March 1st to August 31st, 2026** — completely free.
Participants will have full access to the platform and the opportunity to shape its development.

After the beta, all participants will receive a 25% Founding Member discount on any subscription level.

www.thehubcentral.com

 REGISTER NOW



Ellie, The Hub Central's AI Virtual Support Coordinator, helps seniors stay independent by guiding them through daily tasks, appointments, and reminders with ease. She provides friendly check-ins, wellness prompts, and personalized support tailored to each senior's routine. With Ellie's assistance, older adults enjoy greater confidence, safety, and connection in their day-to-day lives.



Why Now? The Cost of Care and the Future of Aging at Home

Aging at home is becoming increasingly financially challenging. Rising prices, limited caregiver availability, and increasing health needs are placing enormous pressure on families. Emergency room visits and preventable hospitalizations add to the cost, both emotionally and economically.

Innovation is no longer a bonus. It's a necessity. By giving families early warnings, better communication, and a single point of organization, The Hub can help reduce avoidable costs, improve safety, and protect independence. This is the future of sustainable home care — using smart tools to make human care stronger.

BE PART OF THE INNOVATION

As we declare 2026 a year of innovation at RES, we want to invite you to help shape the future of care at home. Your insight, your experience, and your voice will help build a platform that thousands of families will rely on in the years ahead.

To join the free beta, visit www.thehubcentral.com and click "Join the Beta Test." If you'd like help registering, the RES team is ready to assist. 2026 is the year we take everything RES stands for — compassion, independence, family, and community — and bring it into the future. We hope you'll be part of it.

Learn more about The Hub Central- visit www.thehubcentral.com



REGISTER NOW
FREE 2026 BETA TEST



www.thehubcentral.com



Innovative technology is transforming the way older adults stay safe, connected, and independent. Today's smart tools can support remote safety monitoring, provide timely medication reminders, and make it easy to communicate with loved ones.

They can also help with fall detection, health tracking, appointment alerts, smart home automation like lighting and temperature control, and even cognitive engagement through games and virtual activities. These advances not only bring peace of mind to families but also empower seniors to maintain their well-being with greater confidence and comfort.

Here are some Frequently Asked Questions about The Hub Central

1. What is The Hub Central's Main Objective?

Our primary objective is to promote the dignity and autonomy of older adults, providing a fuller and safer life in their own homes, while offering peace of mind to their caregivers and families.

2. Can I connect my health device to The Hub Central?

The Hub platform beta test will integrate with FitBit devices, Apple Watches, and we plan to expand to other health monitoring devices.

3. Are the services in the Marketplace reliable?

Yes. All service providers listed in our Marketplace undergo a rigorous verification and approval process to ensure they offer the highest standards of quality, safety, and respect for our older adult users.

4. Will my data and personal information be secure?

Yes, the security and privacy of your data are our top priority. We use advanced encryption technologies and follow the most stringent data security protocols to protect your information. You can take a look at our Privacy Policy for more details.

5. What does it mean to participate in the Beta Program?

It means you will get early access to The Hub Central platform to test it, use its features, and provide us with feedback. Your experience is crucial for the final product enhancement.

6. How do I sign up for the Beta Program?

You can easily sign up on the "Beta Program" page on our website by filling out a short form. We'll reach out to you with the next steps.

SPECIAL LAUNCH

THE HUB CENTRAL

AN AI-DRIVEN SUPPORT COORDINATION PLATFORM DESIGNED TO EMPOWER SENIORS AND INDIVIDUALS WITH DISABILITIES TO LIVE INDEPENDENTLY

BY WENDY KHAN

The HUB Central is an AI-driven support coordination platform designed to empower seniors and individuals with disabilities to live independently while reducing the risk of hospitalization. We're more than just a service — we're a **digital village**. Our platform brings together health, organization, and community support in one easy-to-use space. With **The HUB Central**, members gain access to essential tools, connections, and personalized resources that promote independence, social connection, and overall well-being. Meet **Ellie**, your support coordinator — here to guide, organize, and empower you every step of the way.

Be Among the First to Experience The HUB Central

Join HUB Central's free 6-month beta test in 2026 and be one of the first to try the new platform. Whether you're looking to stay on top of your health, remain socially connected, or simplify everyday tasks, HUB Central provides the tools and support you need right at your fingertips.

Register for the free beta testing at www.thehubcentral.com and help shape the future of support at home—while enjoying the benefits of smarter, more connected living.

For additional information, you can call (516) 675-3644.



What Makes the HUB Central Unique?

The HUB Central serves as a personalized support assistant, empowering individuals to manage their daily lives. It provides:

Wellness and Assistance
Management tools, wellness resources, and ongoing support.

Tech Support
Guidance to stay connected in a digital-first world.

Cognitive & Mental Health Screening
Early detection and monitoring to support overall well-being.

Medication Support
Reminders and coordination to ensure medication adherence.

Support Coordination
Tailored help with services and everyday tasks.

Marketplace
Easy access to products and services tailored to independent living.

Entertainment & Connection
Engaging resources to maintain social and mental stimulation.

Our Mission

- Empowering independence by connecting people to the right support, at the right time, in one central place.
- HUB Central is more than a platform—it's a partner in care, a bridge to resources, and a lifeline to independence.

Exciting News: RES Home Care Launches New Mental Health Program!



RES Home Care is pleased to announce our new Mental Health Program. The need for mental health support has never been greater, and yet finding that support has never been harder. Families are juggling caregiving, work, finances, medical needs, and the emotional weight that comes with it all. Older adults are facing increased isolation. Caregivers are burning out. Individuals living with chronic illness or disability often navigate stress, anxiety, and loss without enough support.

The problem isn't that people don't want help — it's access. Across Long Island, people regularly face:

- Months-long waitlists
- Providers who no longer accept new patients
- Narrow insurance networks
- Limited availability for specialized services
- Restrictions on session length, frequency, or treatment methods
- High deductibles before coverage even begins

For many families, the door to care is technically "open," but nearly impossible to walk through. In line with RES's mission to alleviate real hardships, our 2026 Mental Health Program is designed to provide support directly to individuals, caregivers, and families in need.

WHY FEE FOR SERVICE?

Insurance should make mental health care easier, but too often it does the opposite. Low reimbursement rates, administrative hurdles, and strict limitations on treatment all contribute to a shortage of providers. These same issues push many therapists to stop taking insurance altogether, leaving families stuck without options. A fee-for-service model provides a different path:

- No waitlists created by insurance panel restrictions
- No session limits
- No forced diagnostic labels to receive benefits
- More flexibility in scheduling and services
- The ability to match clients with the right clinician, not just an "in-network" one

For clients who have out-of-network benefits, we can provide receipts for reimbursement. For others, our goal is to keep the pricing reasonable and transparent — making counseling accessible, not burdensome. This model lets our clinicians do what they do best: help people.

No red tape. No insurance interference. No delays that allow small problems to become crises.

WHAT THE NEW PROGRAM WILL OFFER

- Individual Counseling Support for anxiety, depression, grief, caregiver burnout, life transitions, adjustment after illness or injury, and emotional health across the lifespan.
- Group Counseling and Support Circles Sessions for caregivers, individuals with chronic or acquired disabilities, seniors coping with life changes, and others who benefit from community connection and shared experience.
- Flexible Session Formats: In-person and virtual options to reduce barriers and meet people where they are.
- Licensed, Compassionate Clinicians Professionals who understand the home-care world, the pressures families face, and the emotional landscape that comes with caregiving.

WHY THIS MATTERS IN 2026

If this year is truly going to be RES's "Year of Innovation," then innovation has to reach beyond technology. It must reach the emotional side of care — the side families rarely talk about but feel every day.

Aging at home is not just a physical journey. It's an emotional one. Caregivers need support to stay healthy. Clients need support to stay resilient. Families need support to stay connected through challenging seasons.

The goal is simple: Make mental health care accessible, compassionate, and grounded in the realities of daily life — not in the limitations of insurance systems.

RES Home Care's Mental Health Program is made to provide adults in New York State with compassionate, accessible, and person-centered counseling that empowers individuals and families to achieve emotional well-being and live fulfilling lives within their community. This is a fee-for-service program that allows individuals to access outpatient mental health counseling from licensed professionals at prices they can afford, while minimizing wait times and treatment limitations. Our clinicians have experience in a variety of topics, including depression and mood disorders, anxiety disorders, adjustment disorders and life transitions, stress and burnout management, as well as grief, loss, and end-of-life support. Our clinicians can also provide cognitive and aging-related support, trauma-informed counseling, chronic illness and pain management, and behavioral health treatment. Sessions are offered both in person and via telehealth. Our fees are based on a sliding scale from \$25 to \$85 per 45-minute session. Don't hesitate to get in touch with **Marissa Caponi** at **631-732-4794 Ext. 120**

KEEPING THE MIND ACTIVE: SIMPLE DAILY HABITS THAT SUPPORT BRAIN HEALTH

Supporting cognitive wellness doesn't require complicated programs or demanding routines. In fact, some of the most effective activities for individuals living with dementia or other memory challenges are simple, familiar, and enjoyable. Mental stimulation helps keep neural pathways active, encourages communication, and provides a sense of purpose and comfort throughout the day.

Why Mind Stimulation Matters

Engaging the brain regularly can help maintain attention, support memory recall, and reduce anxiety. These activities also create meaningful opportunities for social interaction, which is especially valuable for individuals who may feel isolated or overwhelmed by change. Even a few minutes of gentle engagement can lift mood, spark conversation, and strengthen connections with caregivers and loved ones.

Everyday Activities That Make a Difference

Reading aloud or storytelling – Hearing familiar voices and rhythms can soothe and stimulate memory.

- Music and rhythm exercises – Favorite songs often evoke positive memories and encourage movement.
- Puzzles, matching games, or sorting tasks – These activities offer mental stimulation without pressure or frustration.
- Creative expression – Coloring, painting, or simple crafts can promote focus and offer a calming, enjoyable experience.
- Reminiscence moments – Looking through photo albums or recalling past experiences helps build emotional connection and confidence.
- Light physical activity – A short walk, stretching, or chair exercises support both mind and body.

Creating a Supportive Environment

Consistency and comfort are key. Choosing activities tailored to a person's interests and abilities ensures the experience feels positive—not overwhelming. Keeping sessions short, allowing extra time for responses, and offering gentle encouragement can make each moment more meaningful. Most importantly, celebrate small successes and enjoy the shared time together.

A Note for Caregivers

Your presence and patience are powerful tools. Every smile, encouraging word, and simple shared activity contributes to emotional well-being. Remember that even on challenging days, the connection you provide makes a lasting difference.



Say Goodbye to..

- Endless waitlists – get care when you need it
- Providers who aren't accepting new clients
- Confusing or limited insurance networks
- Struggling to see specialists
- Restrictions on session types
- Sky-high deductibles and out-of-pocket costs

LAUNCHING IN 2026 RES MENTAL HEALTH PROGRAM

"Our Mental Health Program offers affordable, accessible counseling—both in-person and via telehealth—on a wide range of concerns. Designed as a fee-for-service model, it makes professional, meaningful support easy to access whenever you need it. Because your mental well-being shouldn't wait."

Contact: Marissa – (631) 732-4794 Ext. 120
Email: mcaponi@restbiservices.com

HOW TO DEAL WITH BURNOUT?

We will clearly and briefly explain how to overcome job burnout. Early intervention leads to faster recovery.

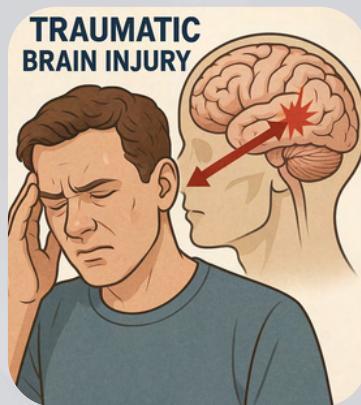


Empowering Independence: TBI Waiver Services & Support

Living with a Traumatic Brain Injury (TBI) can bring unique challenges that affect nearly every part of daily life — but you don't have to manage them on your own. The TBI Medicaid Waiver is designed to provide essential services, personalized support, and resources that help individuals live safely, confidently, and independently within their own homes and communities.

The TBI Waiver Process

The Traumatic Brain Injury (TBI) waiver services provides individuals with qualifying brain injuries access to community-based supports as an alternative to institutional care. To be eligible, applicants must have a documented traumatic brain injury, demonstrate functional impairments that require a nursing-home level of care, and meet state residency and financial criteria. The process begins with a formal assessment that reviews medical records and evaluates daily living needs. Once approved, the individual collaborates with a case manager to create a person-centered service plan outlining supports such as personal care assistance, therapies, respite, or vocational services. After the plan is authorized, services begin, with ongoing monitoring to ensure the supports remain appropriate and effective.



How RES Home Care Can Assist?

RES Home Care is dedicated to delivering personalized, high-quality support for individuals living with a traumatic brain injury (TBI). Services available through the waiver include service coordination, personal care assistance, home and community support services, independent living skills training, environmental modifications, structured day programs, community integration counseling, respite care, assistive technology, and transportation assistance. Together, these services promote safety, stability, and independence while helping individuals avoid unnecessary institutionalization and remain active members of their communities.

In addition to exceptional in-home care, RES Home Care proudly offers a Structured Day Program tailored to meet each participant's unique needs. This program delivers essential services in outpatient group settings or within the community, providing a warm and engaging environment that fosters social interaction, cognitive stimulation, and emotional well-being. Participants enjoy meaningful daily activities such as games, exercise, and crafts that strengthen mental focus, social connection, and a renewed sense of purpose. The program also offers family caregivers invaluable peace of mind, knowing their loved ones are in a safe, supportive, and enriching environment each day.

RES Home Care is here to make the TBI Waiver enrollment process simple and stress-free. Our experienced team provides one-on-one support to help clients access the care and independence they deserve. For personalized guidance and compassionate assistance, contact our Intake Department today at **(631) 732-4794 Ext. 112** — and let us help you or your loved one take the next step toward a brighter, more independent future.



I honestly do not know what I would do without RES in my life. I am a childless widow with no siblings and I am physically disabled. I live alone. Thankfully, I am able to manage my affairs but I am equally thankful because of the wonderful, compassionate, and respectful staff at RES, especially my Case Manager, the incomparable Sally Walsh. I am indeed, NOT ALONE.

When I need to reach out, RES is there for me to help me solve every problem that arises. They make me feel at the same time that I am a human being with dignity. These wonderful people have given me a second chance at life.

Donna Rubin- Google Review



I give 5 stars to Ms. Oliveri, the Service Coordinator at RES HOME CARE in Bohemia, NY. She took over several months ago when the worker we had left (or was fired). Ms. Oliveri has been exceptional in helping my 99 year old father get all the things he needs for his care.

She is attentive, caring, and most of all— she has a great attitude!! Thank you RES.

Angela Geddis- Google Review



Become a member of the RES Social Day Program
Free 3-Day Pass for non-members
Contact our Intake Dept at **(631) 732-4794 Ext 112**
www.reshomecareli.com

NHTD WAIVER SERVICE UPDATE

Changes are coming and what you should know

Significant changes are anticipated for the NHTD Waiver in 2026 as New York State works to manage rising program costs, meet federal waiver requirements, and maintain budget neutrality. To help balance the rapid increase in applicants and ensure long-term sustainability, the State is proposing an enrollment cap that prioritizes individuals with the highest level of need.

As these updates move forward, prospective applicants are encouraged to begin the process as early as possible. You may contact RES Home Care for support with enrollment, or reach out directly to your Regional Resource Development Center (RRDC) to verify Medicaid eligibility and confirm the required nursing-home level of care.

Applicants should also review the updated 2026 service definitions and fee schedule, as both may affect the types of supports available and how care is structured. Because meeting eligibility criteria does not guarantee enrollment once the cap is reached, early preparation, complete documentation, and close coordination with the RRDC will be essential for a smooth application.

What applicants should do and know:

If you plan to apply for the 2026 NHTD Waiver, act promptly:

- Contact RES Home Care for assistance throughout the application process, or reach out to your RRDC to confirm Medicaid eligibility and your nursing-home level of care assessment.
- Review the updated 2026 service definitions and fee schedule to understand how changes may impact your supports.
- Keep in mind that even if you meet eligibility requirements, available slots may be limited due to the proposed cap. Submitting your application early and ensuring that all documentation is complete will give you the best chance for enrollment.



Did you know that small environment changes can prevent big safety issues?

Simple adjustments—like labeling drawers, using contrasting colors on stairs, or adding reminder signs—can increase safety and reduce anxiety for people with memory or reasoning difficulties.

The Critical Importance of Supervised Care for Loved Ones with Dementia and Alzheimer's

Leaving a loved one with dementia or Alzheimer's disease alone and unattended is far more than a safety concern—it is a serious risk that can place their overall well-being in jeopardy. As cognitive abilities decline, judgment, memory, and awareness become increasingly impaired, making everyday tasks—such as cooking, bathing, or simply walking through the home—potentially dangerous. The risks of wandering, falls, medication mistakes, and confusion-driven emergencies rise sharply without consistent supervision. This is why choosing a professional home care agency like RES Home Care is not just beneficial, but essential.

RES Home Care provides highly trained caregivers who specialize in dementia and Alzheimer's support, offering vigilant oversight, structured routines, and compassionate companionship that help minimize anxiety and confusion. Our caregivers ensure your loved one remains safe, engaged, and comfortable in the familiarity of their own home. Families gain invaluable peace of mind knowing that their loved one is receiving expert, attentive care—turning what could be moments of vulnerability into opportunities for dignity, comfort, and enhanced quality of life.

Are you wondering if you qualify for Medicaid or
how to navigate the application process?

Our RES Home Care Aging at Home Specialist is ready to assist you."

INTAKE DEPT: (631) 732-4794 EXT 112



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RES Home Care Services
Serving Nassau and Suffolk Counties

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425 Northern Blvd, Great Neck, NY 11021
1461 Lakeland Avenue, Bohemia, NY 11716



THE RES SENIOR SOCIAL CLUB

This January, RES Home Care is inviting local seniors to discover the enriching benefits of its thriving Senior Social Club, a vibrant hub that fosters connection, activity, and overall well-being. Kicking off January with an exciting new initiative, the club will feature "Throwback Thursdays," promising a delightful journey down memory lane.

In an age where social isolation can be a significant concern for older adults, the RES Home Care Senior Social Club offers a vital antidote. Members engage in a variety of activities that stimulate the mind and nourish the spirit, from engaging discussions and card games to creative arts and light exercise. Studies consistently show that active social engagement can improve cognitive function, reduce the risk of depression, and enhance overall quality of life.

"Our Senior Social Club is more than just a place to spend time; it's a community where friendships blossom, laughter echoes, and every individual feels valued and connected," says Wendy Khan, Vice President of Business Development of RES Home Care. "We've seen firsthand how participation ignites a renewed sense of purpose and joy in our members, contributing significantly to their overall health and happiness."

Beyond the tangible activities, the club provides a crucial sense of belonging and support. It's a place where seniors can share experiences, find common ground, and build relationships that extend beyond club hours. This social infrastructure is key to combating loneliness and fostering a positive outlook on life.



JANUARY BRINGS

THROWBACK
THURSDAY

This January, the RES Senior Social Club is excited to introduce "Throwback Thursdays," a special weekly event celebrating the past and sparking cherished memories. Each Thursday, the club will dedicate its activities to a specific decade or theme from yesteryear. Participants can look forward to:

- **Classic Hits & Sing-alongs:** Rediscovering the music that defined generations.
- **Reminiscence & Story Sharing:** Encouraging members to share personal anecdotes and experiences from various eras.
- **Historical Photo & Memorabilia Displays:** Prompting discussions and memory recall.
- **Vintage Games & Activities:** Reintroducing popular pastimes from their youth.
- **Magic & Adaptive Dance:** Celebrating the joy of magic and adaptive dance with seniors, where movement meets creativity to enhance well-being, foster connection, and spark unforgettable memories."

"Throwback Thursdays are an incredible way to tap into the power of reminiscence therapy, which has been shown to boost mood, enhance memory recall, and provide comfort," adds Wendy Khan. "It's not just about nostalgia; it's about validating life experiences and creating new, joyful memories together."

RES Home Care invites all local seniors interested in enhancing their social life, mental well-being, and overall happiness to learn more about the Senior Social Club and join the "Throwback Thursdays" fun. Family members and caregivers are also encouraged to explore this valuable resource for their loved ones.

Join the Fun! For more information about the RES Senior Social Club, "Throwback Thursdays," or to become a member, please get in touch with us at (631) 732-4794 Ext 104 or email Chris at cdanowski@restbiservices.com.



**"THROWBACK THURSDAYS"
SENIOR SOCIAL CLUB**

Make 2026 an unforgettable year!



Starting in January - Every Thursday from 1 PM - 3:15 PM

Join Now

Call Chris: (631) 732-4794 Ext 104

PREPARING FOR 2026:

ESSENTIAL INSIGHTS ON HOME HEALTH AIDES AND NEW IMMIGRATION LAWS



If you're working as a home health aide in the U.S., it's important to stay aware of how evolving immigration laws—especially those taking effect in 2026—could affect your employment and status. Keeping things in mind will help you avoid risks and protect your rights.

First, many home health aides are immigrants. According to one policy brief, about one in three home-care workers are foreign-born. Because of this, changes in immigration rules may have outsized impact on your ability to secure or maintain work authorization. For example, some people with temporary protected status (TPS) are slated to lose their work authorization in early 2026.

Second, if your visa, work permit, or immigration status becomes unstable—due to new restrictions or terminations of programs—you may face legal and employment risks. Some aides have reported they could lose the legal right to work or continue care assignments if their status lapses. It's therefore wise to check whether your permit's validity extends past 2026, and to seek legal advice if the law changes or you receive notice of status termination.

Third, as the workforce shrinks or becomes more uncertain, the demand for aides may increase—but so may regulatory scrutiny. Employers may require stricter documentation of immigration status or shift more tasks onto aides who do have stable authorization. This can mean more pressure, and you may want to keep copies of your documentation and track any changes in policy that affect your rights.

Finally, you might consider planning ahead: explore options for longer-term legal status (such as adjusting to permanent residency) if eligible; stay informed about programs and resources that help immigrant workers navigate changes.

In short: 2026 is shaping up to be a year of significant change in immigration policy that may directly affect home health aides. Maintaining valid work authorization, staying informed of status changes, and understanding your rights are key to safeguarding your job and livelihood.

CAREER OPPORTUNITIES AT RES HOME CARE



Call HR- Dept.
(631) 732-4794 ext 116
Email: dvollaro@restbiservices.com

SIGN ON BONUS

Flexible Schedule

401K

Tuition Assistance

Paid Time off

Vision Insurance

Training & Development & & Supportive Environment

Employee Perks and Discounts



Internship Opportunities Available

Supervised by Professionals holding LMSW & LCSW credentials across multiple departments

- **Behavioral Therapists**
- **Independent Living Skills Trainers**
- **Case Management**
- **Social Work**
- **Mental Health Counseling & Support Groups**



WE ARE HIRING! FIELD REGISTERED NURSE

- Must be a NYS Licensed Registered Nurse
- Graduate of an approved school of nursing
- 2+ Years Home Care/Supervising Community Health Nurse Experience
- UAS Experience a plus



RES Home Care Digital Career Center: From Application to Onboarding—All in One Place!

The RES Home Care Digital Career Center is your personalized, all-in-one hub, streamlining the entire journey from your very first click on the application to your initial day on the job. Designed for ultimate efficiency, this platform puts everything you need right at your fingertips: you can upload essential documents in seconds, schedule interviews without the frustrating back-and-forth, and jump straight into comprehensive training modules engineered to make you confident and prepared.

This approach makes hiring smarter, smoother, and incredibly convenient, eliminating confusion and delays to ensure a seamless experience that helps you feel supported, welcomed, and ready to thrive.

At RES Home Care, we're not just filling roles—we're building a community, and we invite you to start your seamless journey today by joining the growing team that was voted one of the top workplaces in Long Island for 2025.



HHA/PCA

Community Hub

Spotlight

RES Home Care Receives the Prestigious Proclamation Award

RES Home Care CEO, Dr. Joseph Vollaro, was proudly honored with the prestigious Proclamation Award on Thursday, October 23rd, 2025, by Senator Alexis Weiks. This distinguished recognition celebrates not only Dr. Vollaro's visionary leadership, but also the tremendous dedication, compassion, and innovation that he has brought to the field of home care.

Under his guidance, RES Home Care has grown into one of the most respected and impactful organizations in the region. For over 25 years, the company has consistently delivered exceptional, person-centered services that have improved the quality of life for countless individuals and families.

The Proclamation Award serves as a powerful testament to RES Home Care's unwavering commitment to excellence, community service, and the highest standards of care—solidifying its reputation as an outstanding leader in the home care industry. Congratulations to RES Home Care and the entire team for earning this amazing and well-deserved award.

Integrating Neuropsychology and Creative Expression: The Work of Dr. Joseph Vollaro

Dr. Joseph Vollaro, PhD, is a licensed clinical neuropsychologist whose clinical and academic practice centres on the systematic evaluation of brain-behaviour relationships. He conducts comprehensive neuropsychological assessments—measuring cognitive domains such as memory, attention, executive functions, language and processing speed, alongside emotional and behavioural functioning—to delineate how neurological conditions, injuries, or developmental and age-related changes impact an individual's cognitive and psychological profile. From this foundation he provides clear diagnostic clarification and formulates evidence-based recommendations. Working collaboratively with physicians, rehabilitation specialists and mental-health providers, Dr. Vollaro develops individualized intervention plans, cognitive-rehabilitation strategies and appropriate academic or occupational accommodations, thereby supporting his patients in optimising daily functioning, enhancing adaptive skills and improving overall quality of life.

In addition to his neuropsychological practice, Dr. Vollaro is the driving force behind the creative enterprise The Joe Vollaro Project—a multimedia production initiative that blends original music, visual storytelling and digital art. Through this project, Dr. Vollaro incorporates his psychological expertise and passion for creative expression: the music and accompanying videos explore themes such as memory, emotional experience and the inner life—elements closely aligned with his clinical interest in brain function, cognition and mental health. In doing so, he offers a unique bridge between the science of neuropsychology and the arts, enriching his professional identity and providing a platform through which individuals might engage with concepts of identity, change and resilience in a more experiential and expressive manner.



Did you know that rhythm helps the brain coordinate movement?

This is why music therapy is often used in Parkinson's disease and rehabilitation to improve gait, balance, and coordination.



The Joe Vollaro Project

Breaking through the noise of today's crowded music landscape, The Joe Vollaro Project is quickly becoming a standout force—captivating listeners around the world with a sound that is as emotionally resonant as it is musically innovative. In 2025 alone, the project has released a series of impactful new tracks, each showcasing the unmistakable artistry and songwriting brilliance of Dr. Joseph Vollaro. But this project is more than great music—it's a movement.

Rooted in the belief that sound has the power to heal, The Joe Vollaro Project blends melody, message, and meaning to support mental and emotional well-being. Dr. Vollaro's lyrics don't just entertain; they connect. They speak to the struggles, hopes, and quiet triumphs that define the human experience—offering comfort, inspiration, and a sense of understanding to anyone who listens.

Fans around the world aren't just finding genre-blending, unforgettable songs—they're discovering a reminder of how music can uplift, empower, and unite.

Stay Connected.

Dive deeper into the movement and never miss a new release: www.thejoevollaroproject.com

Follow on Facebook, Instagram, and YouTube for exclusive updates, new music, and behind-the-scenes content.



SPOTLIGHT

Fun Connection: Trivia Questions

1. What is the tallest mountain in the world?
2. How many days are in a leap year?
3. What fruit keeps the doctor away according to the saying?
4. What is the largest planet in our solar system?
5. How many continents are there?
6. What famous red-haired comedian starred in I Love Lucy?
7. Who sang "My Way"?
8. Which space mission first landed humans on the Moon?
9. What popular toy was introduced in 1959?
10. Which beverage slogan said "Good to the last drop"?

The answers can be found at the bottom of the page.



2025 EMPLOYEE OF THE YEAR

Congratulations Tara McClarnon



The RES Home Care team proudly congratulates Tara McClarnon on being named our 2025 Employee of the Year. Tara's exceptional dedication, compassionate care, and strong commitment to excellence exemplify the best of our organization.

Congratulations, Tara — this recognition is truly well-deserved!



Celebrating Teresa Blasi: A Valued Member of the RES Community Center

Teresa's journey with the RES Structured Day Program began in May 2011. After being the victim of an accident that resulted in a traumatic brain injury (TBI), Teresa faced a long road of rehabilitation. Recovery from a TBI demands determination and a refusal to give up—and Teresa embodied both.

The first challenge she overcame was accepting her new reality as a person living with a TBI. This is never easy, especially for someone as young as Teresa was at the time. Understandably, she struggled at first, but with supportive family members and consistent positive encouragement, she had the foundation she needed to move forward and work toward independence.

At RES, Teresa focused on developing healthier behaviors and strengthening her social skills. There were moments when life felt overwhelming, and progress seemed slow. Still, she persevered. Once she found her rhythm, she flourished. Her maladaptive behaviors steadily diminished—eventually disappearing to the point that her goals needed to be updated because she had surpassed them.

Teresa's progress didn't stop there. She successfully gained employment and moved into her own apartment with some HCSS support. Today, she is so independent and self-sufficient that she is considered one of RES Home Care's greatest success stories. And every time she walks in with her bright, beautiful smile, we are reminded of just how far she has come.

The Comedy Station

Why do seniors make great detectives?

They already question everything...

"What did you say?"
"When did that happen?"
"Who moved my glasses?"



Why did the app break up with the user?

It needed more space.



Why did the home care client hide the remote?

Because they wanted the caregiver to exercise too!

WHY CAN'T THE BICYCLE STAND UP BY ITSELF?



IT'S TWO TIRED

Why did the senior refuse to play chess?

"It's just like my love life," they said, "I'm always losing, and I never quite know where my knight went."

Why do clients enjoy home care exercises?

Because "lift your leg" sounds better than "go to the gym!"

TRIVIA ANSWERS:

1. Mount Everest	2. 366	3. An Apple	4. Jupiter	5. Seven
6. Lucille Ball	7. Frank Sinatra	8. Apollo 11	9. Barbie	10. Maxwell House Coffee