

### REMOTE HEALTH MONITORING



#### We developed The Hub Central with a single purpose:

to offer comprehensive support that promotes independence, safety, and joy in daily life. Every feature has been carefully designed to be intuitive, useful, and, above all, to bring peace of mind to you and your family. Our soft beta launch will begin during the first week of April. The goal is to launch all 7 pavilions of the village by May 1st. It's not too late. If you are interested in being a founding member, please scan the QR code below, or go to the website at [www.thehubcentral.com](http://www.thehubcentral.com)



#### BAKE SALE AND SNEAKER DRIVE

RES Home Care sponsored a bake sale and Sneaker Drive in the month of March. All proceeds will go to the Brain Injury Association of New York. We are still taking donations for the sneaker drive, so please make sure you drop off your used sneakers to 1461 Lakeland Ave. Suite 12 Bohemia. So far, we have raised \$200 in our bake sale and have collected 20-30 pairs of sneakers, which will be calculated in the overall donation amount to BIANYS.

**Our hope is to raise \$500.**



#### SNEAKER DRIVE

Donate your New, Outgrown, Unused, Unwanted Sneakers to help Support our Go Blue for Brain Injury Awareness Fundraiser

March  
2nd- 31st

**DROP-OFF LOCATION**  
RES Home CARE Suffolk Office

1461 Lakeland Ave Suite 12  
Bohemia NY 11716  
Box will be located in Reception



## PARTICIPANT SPOTLIGHT JACKIE KALIN

Jackie has been an active and valued participant at the RES Community Center since 2022. When she first began attending, she shared that she felt extremely nervous because she didn't know anyone. After a few visits, she even joked that remembering everyone's names was a challenge!

Today, Jackie has built many meaningful friendships and looks forward to attending the wide variety of classes offered. What she loves most about RES? "The staff and the participants," she says with a smile.

Helping others has always been part of who Jackie is. As she puts it, "That's just my thing — I love to help people." You can often find her lending a hand — assisting participants as they sign in, making sure everyone is safe, or offering a listening ear to someone who may be having a tough day.

Before her injury, Jackie volunteered through a program called Rustic Pathways, traveling to Thailand to support local communities through outreach and hands-on service. She worked closely with children and helped rebuild a church — an experience she remembers with pride. Looking ahead, Jackie's long-term goal is to gain employment, ideally working with animals. In the past, she bred and sold fish — her favorite being the clownfish, lovingly known as "Nemo."

Jackie also shared some exciting personal news: she will soon become an aunt and is thrilled to welcome a new nephew in the coming weeks. When told she had been selected as this month's participant highlight, she was overjoyed — and the huge smiles said it all!

We are so proud to celebrate Jackie and the positivity, kindness, and heart she brings to RES each day.



## EMPLOYEE SPOTLIGHT MARISSA CAPONI

Marissa began her journey at RES Home Care as an Administrative Assistant, serving as the friendly and reliable face at our front desk. It didn't take long for her talents to shine—she quickly expanded her role by supporting Business Operations, stepping in wherever help was needed and consistently going above and beyond.

While working at RES, Marissa completed her internship for her Master's Degree in Mental Health Counseling. During this time, she balanced an impressive workload—maintaining her administrative role, managing private counseling cases, facilitating group sessions in our Day Program, and completing her graduate coursework.

In December 2025, Marissa proudly earned her Master's Degree and transitioned into a full-time role with RES Home Care. Since then, she has been instrumental in laying the groundwork for our Mental Health Program, conducting essential research and helping bring this important service to life. In her spare time, Marissa loves to "game", bird-watch, and play with her cat!

Marissa also contributes to the exciting new venture of The Hub Central, where her skills, insight, and dedication continue to make a meaningful impact. We are incredibly proud of Marissa's growth and grateful for her commitment, versatility, and passion. She is a true asset to the RES Home Care team!



# UPCOMING EVENTS

## SPRING FLING EVENT



### WEDNESDAY APRIL 22, 2026

Enjoy fun activities to help bring in the warmth of Spring!  
Make Sunflowers!

Enjoy the sun with fun activities such as Corn Hole and Giant Connect Four!

There will be scrumptious food that will be cooked and prepared by RES staff! So, look forward to some empanadas, maybe some spring rolls and other delicious food!

RSVP by Thurs April 16 to Chris 631 732 4794 ext. 104 or  
cdanowski@restbiservices.com



## SPRING SATURDAY CLASSES



### APRIL 4TH

Pet Therapy Bird garland Bingo



### APRIL 11TH

Mini Plants Spring Trivia MUSIC



### APRIL 18TH

Spring Wreaths Butterflies Adaptive Dance



### APRIL 25TH

Flower Chandlier Pressed flower frame Art Therapy



## ANUAL SUMMER BBQ



RES Home Care and the Hub Central are proud to collaborate and invite you to this special event.



### SATURDAY, JUNE 20th 2026

10:30AM-2:30PM

RES HOME CARE 1461 LAKELAND AVE SUITE 12 BOHEMIA, NY 11716

KINDLY RSVP BY JUNE 1ST THE HUB AT 631-732-4794

**CATERED LUNCH PROVIDED**





# THE HUB CENTRAL

An all-in-one, data-driven, privacy-centered platform designed to help people live independently at home.

JOIN US FREE



## HEALTHCARE PAVILION

- Connects with everyday health devices to track activity, sleep, and key health indicators.
- Builds instant, easy-to-understand health reports.
- Alerts on changes outside normal patterns.
- Medication, routine, and doctor appointment reminders.
- 24/7 access to a digital healthcare coordinator.
- Secure health document storage.



## SECURITY

- Data Privacy & Consent Controls
- Safety preferences (emergency contact, monitoring times, fraud red flags, etc.)
- HIPAA, privacy rules, and more



## MARKETPLACE

- Selected Fee-for-Service options.
- Meal services & tech support
- Remote health monitoring devices (Fitbit, Apple Watch, Garmin)
- Mental Health Counselling



## TECH SUPPORT

- Guided setup
- Accessibility Features & Preference Customization
- Troubleshooting
- Tutorial videos
- Human support when needed



## ENTERTAINMENT

- Cognitive games
- Meditation & Wellness practices
- Audio content and reading
- Informative videos
- Gentle movement



## Join us as a Founding Member!

Get free early access to The Hub and be among the first shaping the future of independent living at home. Scan the QR code and complete the form, our team will contact you with next steps. Limited to 500 Founding Members only. Secure your spot and be part of what's next.





## SPRING CLEANING FOR SENIORS



### A Fresh Start for Health & Safety

- As the seasons change and spring arrives, it's the perfect time for a fresh start at home. For seniors, spring cleaning is about more than tidying up—it's an opportunity to support overall health, safety, and well-being.
- Staying active during cleaning helps improve mobility after the colder months, while reducing dust and allergens can support respiratory health. Decluttering also plays an important role in preventing falls and creating a safer living environment.
- Beyond the physical benefits, a clean and organized home can boost mood, reduce stress, and provide a sense of accomplishment. It's also a great time to check that household systems and appliances are working properly, helping to avoid larger issues down the road.
- A little seasonal refresh can go a long way in maintaining independence, comfort, and peace of mind.



## SPRING INTO ACTIVITY



### Spring Into Activity

- With warmer weather and longer days, spring is the perfect time to get moving. For seniors, increasing daily activity—even in small ways—can improve mobility, boost energy, and support overall health.
- Whether it's a short walk, light stretching, or spending time outdoors, staying active can also enhance mood and reduce feelings of isolation. Fresh air and sunshine provide a natural lift, helping both physical and mental well-being.
- A little more movement each day can go a long way toward maintaining independence and enjoying the season.



# THE POWER OF CONNECTION: WHY SOCIAL PROGRAMS MATTER

- Staying socially connected is essential at every stage of life—but for adults, especially as they age, it plays a critical role in overall health and well-being.
- Social day programs provide a welcoming environment where individuals can connect with others, participate in meaningful activities, and build lasting relationships. These programs help reduce feelings of loneliness and isolation while promoting a sense of belonging and purpose.
- Engaging in group activities—whether it's games, classes, or simply sharing conversation—can support cognitive health, improve mood, and enhance overall quality of life. Just as importantly, these programs provide structure and routine, bringing comfort and stability to daily living.
- Connection isn't just social—it's essential to living well.

## RES Community Center Spotlight

- At RES Home Care's Community Center, connection comes to life every day.
- Participants enjoy a variety of engaging activities, including:
  - Group classes and wellness activities
  - Social events and themed gatherings
  - Creative outlets and interactive programs
- Our center is more than just a place to go—it's a place to belong. Participants build friendships, support one another, and look forward to each day with a sense of purpose and excitement.

## Participant Highlight

- "At first, I was nervous because I didn't know anyone. Now, I have so many friends and truly look forward to coming every week. The staff and people here make it feel like home."

## WHAT IS REMINISCENCE THERAPY?

### Reminiscence Therapy: Connecting Through Memories

- Reminiscence therapy encourages seniors to reflect on and share meaningful memories from their past—through conversation, photos, music, and familiar activities.
- This approach is especially beneficial for individuals experiencing memory loss or cognitive decline. By focusing on long-term memories, it can improve mood, reduce anxiety, and strengthen a sense of identity.
- It also fosters social interaction and connection, helping seniors feel heard, valued, and engaged.

### How We Use This at RES Community Center

- At RES Home Care's Community Center, reminiscence therapy is woven into daily activities and group programming.
- Participants engage in:
  - Memory-sharing conversations and storytelling
  - Music and themed activities that spark familiar memories
  - Group discussions that encourage connection and participation
- These activities not only support cognitive health but also help build friendships and a strong sense of community.

**By honoring each person's story, we create meaningful moments every day.**



## THE TBI WAIVER PROGRAM



### Understanding the TBI Waiver Program

- The Traumatic Brain Injury (TBI) Waiver Program in New York State helps individuals with brain injuries live safely in their homes and communities instead of institutional settings. The program provides access to essential services such as service coordination, independent living skills training, and community integration support—empowering individuals to live as independently as possible.



### How RES Home Care & The Hub Central Support You

- At RES Home Care, participants receive compassionate, hands-on support through personalized care and service coordination.
- Through The Hub Central, individuals and families gain access to innovative tools like remote monitoring, care planning, and real-time support—enhancing safety, communication, and overall quality of life.
- Together, RES and The Hub create a connected, supportive environment that promotes independence, dignity, and community living.



### What Families Are Saying

- “The care and support we’ve received have made a tremendous difference. The team is responsive, compassionate, and truly understands our needs.”
- “The combination of hands-on care and technology gives us peace of mind. We feel supported every step of the way.”



## HOME CARE AND CAREGIVER BURNOUT

### Supporting Families: How Home Care Helps Prevent Caregiver Burnout

- Caring for a loved one can be incredibly rewarding—but it can also be physically and emotionally demanding. Without the right support, family caregivers may experience burnout, stress, and fatigue.
- Home care services provide essential relief by offering trained professionals who can assist with daily tasks such as personal care, medication reminders, and companionship. This support allows family members to take needed breaks, recharge, and maintain their own well-being.
- In addition to hands-on care, home care helps create structure, consistency, and peace of mind—knowing that a loved one is safe and supported.
- **At RES Home Care**, our goal is to care not only for the individual, but for the entire family.
- *Because supporting the caregiver is just as important as caring for the patient.*

## HOME CARE AND CAREGIVER BURNOUT



### Signs of Caregiver Burnout

- Be mindful of these common warning signs:
- Persistent fatigue or lack of energy
- Increased stress, anxiety, or irritability
- Feeling overwhelmed or emotionally drained
- Changes in sleep or appetite
- Withdrawal from social activities
- Difficulty focusing or making decisions
- *Recognizing these signs early is the first step toward getting the support you need.*

## THE JOE VOLLARO PROJECT

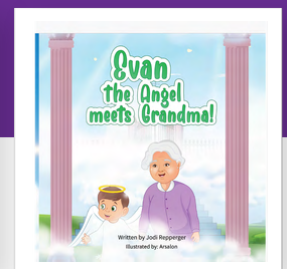
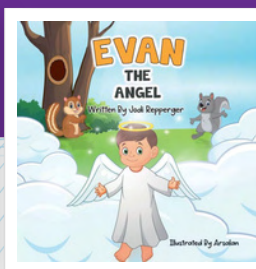
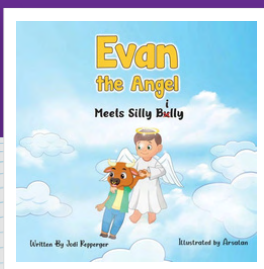
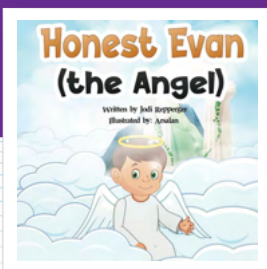


- Outside of his work with RES Homecare, Joseph Vollaro continues to develop his music project, The Joe Vollaro Project. His latest release, Modern Day Blues, is the first single from an upcoming EP that reflects on the complexities of modern life—balancing technology, connection, and the pursuit of meaning.
- The song has already seen strong early success on Spotify, reaching thousands of listeners both in the U.S. and internationally. Additional songs from the EP will be released throughout 2026 as part of a larger, connected story.



## Evan the angel series

written by jodi Repperger, president of RES Home care





# OUR SERVICES

## AGING AT HOME

PERSONALIZED CARE AND PROGRAMS DESIGNED TO HELP SENIORS LIVE INDEPENDENTLY AND SAFELY AT HOME

## COMMUNITY CENTER

DAILY ACTIVITIES, SOCIAL PROGRAMS AND ENHANCEMENT THROUGHOUT THE DAY

## IN-HOME SERVICES

COMPREHENSIVE IN HOME ASSISTANCE FROM DAILY ACTIVITIES TO SPECIALIZED CARE SUPPORTING FAMILIES THROUGH EVERY STEP

## WAIVER SERVICES

SPECIALIZED SUPPORT SERVICES FOR INDIVIDUALS PROMOTING INDEPENDENCE AND RECOVERY THROUGH THE TBI AND NHTD WAIVER PROGRAMS



**PLEASE CONTACT STACI HERBST AT**

**Call: 631-732-4794 x130 OR**

**Email: [SHERBST@RESTBISERVICES.COM](mailto:SHERBST@RESTBISERVICES.COM)**

**IF YOU ARE INTERESTED IN RECEIVING ANY OF OUR SERVICES!**



## CAREER OPPORTUNITIES AT RES HOME CARE



### **SIGN ON BONUS**

- Flexible Schedule
- 401K
- Tuition Assistance
- Paid Time off
- Vision Insurance
- Training & Development & Supportive Environment
- Employee Perks and Discounts

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



### **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.

