



RES HOME CARE NEWSLETTER

TUESDAY APRIL 1ST 2025

2025 First Quarter

What an exceptional first quarter it has been!

Here's a summary of RES's accomplishments during the first quarter of 2025.

RES Home Care kicked off the year by celebrating its 25th anniversary of service. The festivities are ongoing, as clients, Day Program participants, and networking partners have shared overwhelming love and appreciation.

The RES Home Care division is making significant strides with the Aging at Home program, which assists families in accessing resources that save them money on long-term home care. Furthermore, they've established a partnership with The Alzheimer's Association to provide free educational programs designed to help caregivers and families communicate effectively and support their loved ones facing Dementia or Alzheimer's. *For more details, please refer to the Home Care Corner section of this newsletter.*

Meanwhile, the RES Community Center located in Bohemia, NY, have been welcoming new participants with open arms. Our team has dedicated time to organize a variety of events, educational programs, and activities designed to support individuals in our community. Many have found great value in our Structured Day program, which has truly made a positive impact on their lives. The ongoing connections and support we offer reflect our deep commitment to enhancing the well-being of those we serve.



Home Care & Nursing Home Costs

Navigating the complexities of long-term care can be an overwhelming experience for many Americans, whether for themselves or their loved ones. This journey often brings about feelings of stress and uncertainty. The New York State Department of Financial Services points out that there are several care options available, such as assisted living facilities, nursing homes, and home care. While we all aspire to provide the best for those we love, the financial challenges linked to these vital services can be daunting. For instance, in New York, the average annual cost for nursing home care is around \$159,000 per individual. Even home care, frequently viewed as a more personalized option, averages nearly \$66,000 each year. In 2018, out-of-pocket expenses for long-term care soared to an incredible \$55 billion, which is significantly less than the estimated \$159 billion spent by Medicaid. It's crucial to understand that you're not alone in facing these obstacles. Many individuals find themselves in similar situations, working hard to ensure quality care while also considering financial factors. RES Home Care currently provides an Aging at Home Program aimed at assisting families with resources to achieve long-term financial stability.

For more information, please reach out to the Aging at Home Specialist at (516) 875-7555.

FREE UPCOMING DEMENTIA / ALZHEIMER'S PROGRAMS

Register & Add to your Calendar

Location: RES Community Center -1461 Lakeland Ave, Ste 12, Bohemia NY 11716

1. Dementia Conversations:

Tuesday, May 6th, 2025 at 11 AM

2. Responding to Dementia-Related Behavior:

Thursday, June 12th, 2025 at 11 AM

Register Now at www.reshomecareli.com



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THE VISIONARY BEHIND THE SCENES *Dr. Joseph Vollaro*

I can hardly believe that it has been 25 years since the establishment of RES! Looking back on this journey, it all began with my choice to pursue a Ph.D. in Neuropsychology. As a young adult, I devoted much of my time to working with runaway and abused children, and as I progressed toward my doctorate, I envisioned specializing in pediatric neuropsychology.

During my doctoral studies, I completed various clinical training rotations, one of which was on an inpatient traumatic brain injury (TBI) unit at Kingsbrook Jewish Medical Center in Brooklyn, New York, mentored by Dr. Thomas Mayer. Although I initially felt nervous due to my lack of experience with TBI, I quickly discovered a profound passion for the field. This enthusiasm prompted me to undertake a second rotation there, leading me to reevaluate my long-term focus on brain injury rehabilitation.

A crucial turning point in RES's development came from practical needs. Pursuing my Ph.D. was a full-time endeavor that required significant work to support myself. I joined a CUNY-sponsored program that guided Ph.D. students considering academia, allowing me to teach undergraduate courses while in graduate school. Additionally, a former graduate from the neuropsychology program reached out to our department chair, seeking graduate students for his agency focused on repatriating New York State residents who had been institutionalized out of state, marking the start of the TBI waiver initiative. Eager to apply my growing interest and experience in brain injury, I accepted a position as what is now called a Positive Behavioral Interventions and Supports (PBIS) worker. Remarkably, 25 years later, I still maintain connections with many individuals I met during this formative time.



Councilman James O'Connor & Dr. Vollaro



Maureen & Joseph Vollaro

After completing my Ph.D., my wife Maureen, a social worker, and I launched a private practice in Clinical Neuropsychology. Our expertise led to numerous referrals for individuals with traumatic brain injuries, many of whom were part of the TBI waiver program. Recognizing a growing need, we founded an agency dedicated to assisting TBI survivors in achieving independence within their communities. This endeavor deepened my involvement in state-level program development to address emerging gaps, broadened our agency's services, and resulted in the establishment of the RES Community Center and our largest department, RES Home Care. Reflecting on this journey, I feel incredibly fortunate to have participated in such a meaningful process. A highlight has been collaborating with numerous dedicated professionals who share a commitment to this vital work. Many have become long-term RES employees and valued colleagues. It has been an honor to witness their professional growth and continue serving many RES Community Members over the years.

As we celebrate this significant milestone, I am excited to announce upcoming events at the RES Community Center, located at 1461 Lakeland Avenue, Suite 12, Bohemia, NY 11716. In collaboration with the Alzheimer's Association, we are offering free educational classes designed for caregivers and families:

- Understanding Dementia's Impact on Communication: Discover how dementia affects communication and learn effective interaction strategies. Register by March 25, 2025.
- Dementia Conversations: Gain insights into discussing topics such as safe driving, regular doctor visits, and managing legal and financial matters. Register by April 30, 2025.
- Responding to Dementia-Related Behaviors: Understand common behavioral changes in dementia and explore non-medical approaches to address them. Register by June 5, 2025.

To register or learn more, please visit our website at reshomecareli.com.

We look forward to continuing our support, education, and community engagement mission in the years ahead.

THE JOE VOLLARO PROJECT



Enter the world of The Joe Vollaro Project, a unique initiative founded by Dr. Joseph Vollaro, a passionate advocate for the power of music in promoting mental well-being. As the songwriter behind the project, Dr. Vollaro believes in the art of storytelling through music, crafting melodies and lyrics that resonate with listeners on a deeper level.

Explore the project further, sign up for upcoming releases and exclusive information at www.thejoevollaroproject.com, and connect with The Joe Vollaro Project on Facebook, Instagram, and YouTube.

NEW RELEASE- "AIN'T NO ROMEO"

The Heart Of Care And How We Support Caregivers & Families



For 25 years, RES Home Care has been deeply immersed in the world of home care, witnessing firsthand the unique challenges and heartaches families face when caring for loved ones living with Dementia or Alzheimer's. Understanding the profound need for support and effective communication strategies,

RES Home Care is proud to partner with the Alzheimer's Association to offer two upcoming FREE programs designed to empower families with the knowledge and skills necessary to navigate this journey with greater confidence and compassion. These valuable programs will be held at the RES Community Center, located at 1461 Lakeland Avenue, Ste 12, Bohemia, NY 11716, and due to limited seating, we encourage you to register online now at www.reshomecareli.com. Please note that each participant must register separately.



Dementia Conversations

Tuesday, May 6th, 2025 11AM-12PM

Location: 1461 Lakeland Ave, Ste 12, Bohemia, NY 11716



Responding To Dementia-Related Behaviors

Thursday, June 12th, 2025 11AM-12PM

Location: 1461 Lakeland Ave, Ste 12, Bohemia, NY 11716

THE RES HOME CARE AGING AT HOME PROGRAM



At RES Home Care, we understand that seeking support for aging loved ones can be an emotional journey filled with questions and concerns. That's why we are proud to celebrate the success of our Free Aging At Home Program, which has already provided assistance to many families in accessing vital resources and achieving long-term cost savings through services like Home Care and Structured Day Programs. We know how important it is for seniors and individuals with disabilities to maintain their independence and enjoy life at home. Our commitment is to connect you with the compassionate support you need, all within the comfort of your own environment.

With a diverse range of resources at our disposal, we are dedicated to finding solutions that are tailored to your specific circumstances. We also partner closely with Elder Law attorneys who can offer valuable legal guidance if you need it. We understand that these expenses can feel overwhelming, and we are here to help lighten that burden. You don't have to navigate this journey alone. Please reach out to our Aging at Home specialist today for a free, no-obligation consultation. Together, we can explore the options available to you and discover how we can help you thrive in your own home. **Contact Our Aging at Home Specialist (516) 875-7555**

TBI/NHTD WAIVER PROGRAM

Are you living with a traumatic brain injury, a non-traumatic head injury, or another chronic illness or disability that limits your independence at home? You might be surprised to learn that the Traumatic Brain Injury (TBI) / Nursing Home Transition and Diversion (NHTD) Waiver program could significantly increase your home care assistance. This program is specifically designed to support individuals in your situation by providing more in-home care hours, helping you maintain a higher quality of life and greater independence. If you meet the eligibility criteria, this waiver could significantly improve your quality of life and ability to remain in your home. Call us today for more information at (516) 875-7555.

Complimentary Stress Management Program RES Home Care Contributes to the Community

Introduced for RES Home Care Employees, and Family Members of Clients.

In today's fast-paced world, stress, anxiety, and depression have become increasingly prevalent, impacting individuals' ability to focus and thrive. Recognizing the significance of mental well-being, RES has launched a complimentary Stress Management Program offering free counseling services to family members of current clients, as well as RES Home Care employees.

At RES Home Care, we truly care about making a positive difference in people's lives! We're here to provide support and resources for anyone facing challenges. By prioritizing mental health and nurturing a healthier, more balanced community, we aim to create a warm and welcoming environment for all. Together, we can thrive!

For more information or to schedule an appt, please contact Marissa at
(631) 732-4794 Ext 102 Email: mcaconi@restbiservices.com

You're not alone. Call us today!

STRUCTURED DAY PROGRAM: Transforming Lives for the Better

In our fast-paced world, getting caught up in a whirlwind of chaos is easy. For individuals facing challenges such as mental health issues, developmental disabilities, or cognitive impairments, this lack of structure can be particularly harmful. Structured day programs offer a solution, providing a consistent and supportive environment to promote growth, independence, and overall well-being. But do they truly make a difference? The evidence strongly indicates that they do.

A structured day program offers a scheduled and supervised environment during daytime hours, typically from Monday to Friday. While activities may differ based on individual needs and program focus, common components include skill-building exercises, social interaction opportunities, therapeutic interventions, and community engagement. The advantages of these programs can positively influence various facets of an individual's life, such as improved mental health, enhanced social skills, increased independence, cognitive stimulation, vocational development, and much-needed respite for caregivers and family members.

The RES Structured Day Program has seen success with many of its participants. By creating a consistent, supportive, and engaging environment, these programs empower individuals to cultivate essential skills, forge meaningful relationships, and ultimately lead more fulfilling and independent lives. It's not just a routine; it's a pathway to a brighter future.

RES COMMUNITY CENTER

Special offer for Non-Members

FREE 3 DAY PASS

1461 Lakeland Ave, Bohemia NY 11716

Tel: (631) 732-4794 Ext 104



Stay updated with RES Home Care's weekly blogs by
subscribing for free! You'll receive valuable tips and
information on health and wellness.

Visit: www.reshomecareli.com/blog-subscription

Do you possess a special talent?

If you have a talent, love sharing, and enjoy brightening the lives of others through
volunteering, we have the perfect opportunity for you!

Call us at (516) 875-7555



Stay Connected: Follow and Like Us on Social Media
Join the RES Home Care Family!





THE SOCIAL SPOTLIGHT

Fun Connection: Trivia Questions

1. Who was the American President who famously declared, "I am not a crook"?
2. What was the first manned mission to land on the moon?
3. What popular TV Show debuted in 1966 and began with the line, "Space: the final frontier"?
4. Who won the Oscar for Best Actress for her role in the 1969 film "Funny Girl"?
5. Who was the famous martial artist and actor that starred in "Enter the Dragon," which was released posthumously in 1973?
6. Who was the first actor to portray James Bond on the big screen?
7. What is the only continent where giraffes live in the wild?
8. What ocean is the largest on Earth?
9. Which planet is known as the "Red Planet"?
10. Who was the lead singer of the Motown group The Supremes?



Employee Highlights

Roberto N.

With immense pride and deep appreciation, we honor Roberto N, a certified Home Health Aide, for his remarkable contributions to RES Home Care. Roberto's infectious enthusiasm for his role radiates through his supportive demeanor and unwavering commitment to the well-being of our clients. His flawless attendance, reliability, and exemplary professionalism make him an indispensable team member. We are truly grateful for Roberto's dedication to collaboration and feel privileged to have such an inspiring individual representing RES Home Care.

The Legacy of Registered Nurse Gertrude Laroche

RES Home Care proudly recognizes Registered Nurse Ms. Gertrude Laroche, an invaluable team member since March 2024. Gertrude has continually exceeded expectations, fully embracing her RN role and courageously tackling new challenges. Her proactive involvement during the Nassau County office expansion reflects her commitment to our company's growth. Beyond her visible contributions, Gertrude's behind-the-scenes efforts are equally essential. She has been instrumental in facilitating access to waiver services through meticulous abstracting, managing new cases in Nassau and Suffolk counties, and diligently overseeing vital caseloads. Gertrude upholds the highest quality assurance and compliance standards, guiding participants towards optimal care during meetings. Her dedication also extends to staff, offering hands-on training, sharing essential updates about home care, ensuring compliance with skills, and providing practical advice for managing challenging situations. By fostering clear communication and offering insightful guidance, Gertrude empowers aides to enhance the participant experience and navigate their shifts effectively.

Her unseen contributions, such as managing paperwork, communicating with physicians, and ensuring compliance, are equally crucial. Gertrude's positive attitude and proactive approach are genuinely inspiring. With her steadfast "no problem" mentality and a warm smile, she addresses every task, showcasing a deep understanding of RES's vision for growth and participant well-being. RES Home Care is immensely grateful for Gertrude's unwavering commitment to exceeding expectations in all her endeavors.

Gertrude Laroche's influence in her field has made a lasting impression, highlighting her dedication and passion. Her innovative ideas and relentless efforts have inspired many and laid the groundwork for future generations. Through her work, she has exemplified the significance of perseverance and creativity, earning the respect and admiration of peers and successors. Laroche's legacy continues to resonate, reminding us of the powerful impact commitment to one's craft can have on society.



TRIVIA ANSWERS

- | | |
|----------------------|----------------------|
| 1. Richard Nixon | 6. Sean Connery |
| 2. Apollo 11 | 7. Africa |
| 3. Star Trek | 8. The Pacific Ocean |
| 4. Barbara Streisand | 9. Mars |
| 5. Bruce Lee | 10. Diana Ross |

QUOTES:

- "The greatest gift you can give someone is your time, your attention, and your love."- AARP
- "The simple act of caring is heroic"- Edward Albert

Did you catch the latest buzz?



The Latest Children's Book That's Currently Trending!

Congratulations to Jodi Repperger

Author Jodi Repperger is making waves in the children's literature scene with her latest book, adding to a collection of charming stories that kids are absolutely adoring. Word of mouth is spreading fast about these delightful tales, and the buzz is well-deserved. Supporting local authors like Jodi not only encourages creativity in our community but also provides young readers with fresh and engaging content. Grab your copy of Jodi Repperger's newest book, along with her other beloved children's stories, today on Amazon and let the adventure begin!



CAREER OPPORTUNITIES

Are you in search of a meaningful career where you can genuinely impact people's lives? RES Home Care is actively seeking dedicated and compassionate individuals to join our expanding team. We offer a range of career opportunities for candidates who are passionate about delivering quality care and support to those in need. If you aspire to a rewarding career that enhances the well-being of others, we invite you to explore our employment opportunities. Visit www.reshomecareli.com/employment to learn more about how you can become a valued member of the RES Home Care family.



RES Home Care 25th Anniversary

Join in on the Celebration!



Raise your glasses high, folks, because we're toasting 25 fabulous years of RES Home Care! Our hearts are bursting with gratitude for all the amazing people who've made this journey unforgettable. To celebrate this epic milestone, we want YOU to shine! Share your unique story with us in a short, punchy video. We're after those genuine tales that showcase the care, compassion, and connections you've felt with RES Home Care.

Whether you're a client, family member, or rockstar caregiver, whip up a **20-second video** testimonial and send it our way! We'll blast it out on social media as we celebrate our anniversary! Let's crank up the volume on your voice and show the world how RES Home Care is making waves in our community! 🌟



Scan the QR Code to
Upload Your 20-Second Video

The Joe Vollaro Project

The Joe Vollaro Project is back in action and groovier than a disco ball, dropping their latest banger, "Ain't No Romeo," on March 18th, 2025! Ready to jam? Snatch those tunes at www.thejoevollaroproject.com and sign up for alerts so you're the first to know about their next sonic treat in May 2025! Thirsty for more? Smash that follow button and shower The Joe Vollaro Project with love on Facebook and Instagram for all the juicy behind-the-scenes scoop and updates!

www.thejoevollaroproject.com

