

February 2024

# NEWSLETTER



Advantage Care Monthly Newsletter

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Mary Ellen Diver  
CEO

Dear Team,

As we approach the end of February, I wanted to take a moment to reflect on the remarkable journey we've embarked on together. This past month has been marked by significant changes, challenges, and triumphs. Despite the departure of Dr. Bates, our esteemed colleague and leader, I am immensely proud of how our team has rallied together and demonstrated resilience, dedication, and unity.

The transition following Dr. Bates' departure was undoubtedly a pivotal moment for us all. We faced uncertainties and apprehensions, but we stood firm in our commitment to providing exceptional care to our patients and supporting one another every step of the way. It is during times of change and upheaval that the true strength and character of a team shine through, and I am incredibly grateful to each and every one of you for your unwavering professionalism, adaptability, and solidarity.

Throughout this period of transition, our collective efforts have not only ensured the seamless continuation of our operations but have also reinforced the core values that define Advantage Care Health Centers. We have demonstrated our ability to come together as a cohesive unit, to communicate effectively, to collaborate across departments, and to uphold the highest standards of excellence in patient care.

As we look ahead to the future, I am filled with confidence and optimism. Our journey may have had its share of twists and turns, but it is our shared commitment to our mission and to each other that will continue to guide us forward.

In closing, I want to express my heartfelt gratitude to each member of the Advantage Care team for your dedication, resilience, and unwavering commitment to excellence. Together, we have proven that no challenge is too great when we stand united. Let us continue to build upon the foundation of trust, collaboration, and compassion that defines our organization as we work towards our shared vision of providing outstanding care to our community.

Sincerely,

Mary Ellen Diver

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# What's Happening @ Advantage Care



## Farewell to Dr. Bates

After 20 years of dedicated service to Advantage Care Health Centers, we bid a fond farewell to Dr. Bates. Her unwavering commitment to our organization has left an indelible mark on our clinic and the community we serve.

Throughout her tenure, Dr. Bates has exemplified the highest standards of professionalism, compassion, and excellence in patient care. Her expertise, warmth, and dedication have touched the lives of countless individuals, and her contributions to our clinic will be remembered and cherished for years to come.

As a token of our appreciation for her years of service, a plaque has been placed in the waiting room of our Brookville clinic, commemorating Dr. Bates' invaluable contributions to Advantage Care and the patients we serve.

Join us in expressing our gratitude and best wishes to Dr. Bates as she embarks on the next chapter of her journey.

Though she may be leaving our clinic, her legacy of compassionate care and unwavering dedication will continue to inspire us all.

*We will miss you*





# What's Happening @ Advantage Care



## EMPLOYEE *Spotlight*



**GABBY MARTINOVICI**

**EMPLOYEE OF THE QUARTER**

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# BLACK HISTORY MONTH

## Origins

IT'S NEARLY A CENTURY SINCE **DR. CARTER G. WOODSON** INITIATED THE CELEBRATION OF NEGRO HISTORY WEEK IN 1926, COINCIDING WITH THE BIRTHDAYS OF **FREDERICK DOUGLASS** AND 16TH PRESIDENT, **ABRAHAM LINCOLN**, TO SHED LIGHT ON THE SUPPRESSED AND NEGLECTED BLACK HISTORY IN AMERICA. WOODSON'S DEDICATION TO SCHOLARSHIP AND HISTORICAL RESEARCH LAID THE GROUNDWORK FOR WHAT WE KNOW TODAY AS BLACK HISTORY MONTH. WE ARE TAKING THIS OPPORTUNITY TO PRESERVE DR. WOODSON'S LEGACY AND HIGHLIGHT CONTRIBUTIONS OF BLACK EXCELLENCE.



**DR. CARTER G. WOODSON (DECEMBER 19, 1875 – APRIL 3, 1950)** BORN TO FORMERLY ENSLAVED PARENTS IN NEW CANTON, VIRGINIA DURING THE ERA OF RECONSTRUCTION (1865-1877), DR. WOODSON SPENT HIS EARLY YEARS WORKING IN A COAL MINE. AN INNATE SCHOLAR, DR. WOODSON THRIVED ACADEMICALLY, IN SPITE BEING MET WITH LIMITED OPPORTUNITIES. HE EVENTUALLY BECAME THE SECOND AFRICAN AMERICAN TO RECEIVE A PHD FROM HARVARD UNIVERSITY. DR. WOODSON UNDERSTOOD THAT STUDYING AND RECLAIMING BLACK HISTORICAL NARRATIVES WAS CRITICAL TO UPLIFT BLACK CONSCIOUSNESS IN AMERICA AND ABROAD AFTER CENTURIES OF PERSISTENT ANTI-BLACK OPPRESSION.

“WHEN YOU CONTROL A MAN'S THINKING YOU DO NOT HAVE TO WORRY ABOUT HIS ACTIONS. YOU DO NOT HAVE TO TELL HIM NOT TO STAND HERE OR GO YONDER. HE WILL FIND HIS 'PROPER PLACE' AND WILL STAY IN IT. YOU DO NOT NEED TO SEND HIM TO THE BACK DOOR. HE WILL GO WITHOUT BEING TOLD. IN FACT, IF THERE IS NO BACK DOOR, HE WILL CUT ONE FOR HIS SPECIAL BENEFIT.”  
 — CARTER G. WOODSON, "THE MIS-EDUCATION OF THE NEGRO" ”



## KEY HISTORICAL EVENTS



**CONGRESS BANS THE IMPORATION OF SLAVES**  
**JANUARY 1, 1808**

CONGRESS ENACTS LEGISLATION MAKING THE IMPORTATION AND TRADING OF ENSLAVED AFRICANS BETWEEN NATIONS ILLEGAL. SLAVE SHIPS CAUGHT ATTEMPTING TO SUBVERT THE NEW LAW WERE SEIZED AND THEIR CARGO WAS CONFISCATED. HOWEVER, SLAVE TRADING WITHIN THE STATES REMAINED LEGAL.

**PRESIDENT ABRAHAM LINCOLN ISSUES THE EMANCIPATION PROCLAMATION**  
**JANUARY 1, 1863**

THREE YEARS INTO THE RELENTLESS CIVIL WAR, PRESIDENT LINCOLN'S EMANCIPATION PROCLAMATION FREED ENSLAVED AFRICANS IN 'REBEL STATES' THUS LEAVING SLAVERY INTACT WITHIN THE BORDER STATES. SLAVERY WAS OFFICIALLY ABOLISHED IN THE STATES TWO YEARS LATER AFTER THE RATIFYING OF THE 13TH AMENDMENT.

**THE CIVIL RIGHTS ACT OF 1964**  
**JULY 2, 1964**

INITIALLY PROPOSED BY PRESIDENT JOHN F. KENNEDY IN JUNE OF 1963, MONTHS BEFORE HIS ASSASSINATION, BUT WAS MET WITH POLITICAL OBSTRUCTION. THE BILL WAS PUSHED A YEAR LATER IN 1964 BY PRESIDENT LYNDON B. JOHNSON.

**PRESIDENT GERALD FORD RECOGNIZES BLACK HISTORY MONTH**  
**YEAR 1976**

THE RISE IN WIDESPREAD BLACK PRIDE AND SOCIOPOLITICAL CONSCIOUSNESS LED TO THE EXPANSION OF NEGRO HISTORY WEEK INTO BLACK HISTORY MONTH WHICH 38TH PRESIDENT GERALD FORD FORMALLY RECOGNIZED IN 1976.



# Health & Wellness



If you are feeling any of these symptom please stay home and call the Covid Hotline.

**Life Happens.**  
**We Understand.**  
**You Are Not Alone.**

**SYMPTOMS OF CORONAVIRUS**  
(COVID-19)

Know the symptoms of COVID-19, which can include the following:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Even when we have our day planned out, life can sometimes take us by surprise. No matter what, it's always good to know you have support to help you move forward.

National EAP provides online access to a wide range of resources regarding the work and life topics of interest to you and your family. Just log on with your company's username and password (**Username: AHRC, Password: AHRC**), and navigate through articles, links, interactive content, self searches, self assessments, and more.

Please click the link below or call 1-800-624-2593.

[Click Here](#)

**COVID-19 Hotline: 516-686-4486**

**Get Four Free At-Home COVID-19 Tests this Fall on [COVIDTests.gov](https://www.covidtests.gov)**

Every U.S. household may place an order to receive four free COVID-19 rapid tests delivered directly to your home.

[Order Free At-Home Tests](#)



by Nikki Katz,  
Yoga Instructor

## **CHAIR POSE (Utkatasana)**

Energize the entire body with this pose and strengthen legs!

- ◇ Stand with feet under hips arms straight ahead
- ◇ Exhale and slowly lower into a squat position as if you were sitting on a chair, bringing arms up alongside ears
- ◇ Feet are hip width apart, knees over ankles, weight into the heels of the feet toes are light
- ◇ Hold for a slow count of ten



## **Big things start with small beginnings**

eM Life offers interactive, live and on-demand mindfulness programs led by expert mindfulness teachers for everyday life. It helps you create connections with yourself and others while building skills to manage stress and anxiety, improve focus and enhance your overall well-being.

Click the link below to enroll and take your first step into your wonderful journey of mindfulness.

[Click Here to Enroll](#)

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# Career Ladder with TAT



## Internal Job Openings



### **Dentist**

**Job Req #** 2023-5669

**Position Type:** Full-Time

**Schedule:** Monday-Friday 9am-5pm

**Pay Rate:** \$163,800—\$172,900 per year

#### **Job Profile:**

Diagnose and treat diseases and injuries of teeth and gums, and related oral structures; In depth oral health exams including evaluations, x-rays, cleanings, preventive care, fillings, extractions, dentures, crowns and more. Participates in health care facility committees as necessary; Teach oral health education, including preventative care and nutrition to patients and caregivers Community outreach and other duties as assigned

[Click for more information & to Apply](#)



### **Job Coach**

**Job Req #** 2024-7110

**Position Type:** Full-Time

**Schedule:** 40 hrs/week, Flex

**Location:** Freeport

**Hourly Rate:** \$17—\$19 per hour

#### **Job Profile:**

Provides supports to the people we serve in community and facility based employment activities.

[Click for more information & to Apply](#)

### **Employment Training Specialist**

**Job Req #** 2024-7152

**Position Type:** Full-Time

**Schedule:** Daytime Hours

**Location:** Freeport

**Hourly Rate:** \$20.55-\$22.55 per hour

#### **Job Profile:**

Provide services and support to individuals enrolled in community-based Supported Employment Services to ensure the successful continuance of workers placed in competitive employment. Assist referred candidates in achieving their vocational and employment related goals utilizing evaluation, assessment, and job placement and training techniques

[Click for more information & to Apply](#)



### **Teacher Aide**

**Job Req #** 2024-7022

**Schedule:** Monday-Friday 8:00am-3:30pm

**Program:** BCCS

**Location:** Woodbury

**Hourly Rate:** \$17.50 per hour

#### **Job Profile:**

Assist the assigned teacher in all areas of the daily classroom routine. Assist the children as requested by the teacher; maintain the health and safety of the classroom environment by performing assigned tasks. You may be required to attend evening meetings. Prepare classroom materials as requested by the teacher. Classroom assignment is subject to change based on program needs.

[Click for more information & to Apply](#)

### **Licensed Practical Nurse**

**Job Req #** 2024-6982

**Schedule:** Monday-Friday 8:00am-3:30pm

**Program:** BCCS

**Location:** Woodbury

**Pay Rate:** \$55,000 per year

#### **Job Profile:**

Fulfill all Licensed Practice Nurse (LPN) functions as needed in a special education environment in an appropriate and professional manner.

[Click for more information & to Apply](#)



### **HM Citizens Shoreham ICF**

**Job Req #** 2024-7127

**Position Type:** Full-Time

**Schedule:** Tues. - Sat. 12:00 pm-8:00 pm Flex

**Pay Rate:** \$70,000 per year

#### **Job Profile:**

Responsible for the direct management of a residence in the Citizens Company.

[Click for more information & to Apply](#)

[Click on any of the company's logo's to go to their Career's Page](#)

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# Employee Assistance Program



**LIFE HAPPENS.**  
**WE UNDERSTAND.**  
**YOU ARE NOT ALONE.**

Even when we have our day planned out, life can sometimes take us by surprise. No matter what, it's always good to know you have support to help you move forward.

**YOUR EMPLOYEE ASSISTANCE PROGRAM**

24/7/365 access to EAP counseling services and online resources for you and your immediate family members.

- ✔ Mental health and wellbeing
- ✔ Child care, elder care, and family support
- ✔ Work and career growth
- ✔ Grief and addiction
- ✔ Legal and financial needs
- ✔ Pre-qualified referrals to providers, specialists, and resources



U:

PW: AHRC

[www.nationaleap.com](http://www.nationaleap.com)

**Need Help?**  
**TOLL-FREE: 1-800-624-2593**  
Just call or log on to get started

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# Tuition Reimbursement—Summer Semesters

*Tell your friends about this amazing opportunity.*



**TUITION  
REIMBURSEMENT**

Higher Education Isn't Out of Reach  
We Are Here to Give You a Helping Hand  
To Achieve Your Goals  
with  
Tuition Reimbursement



**We Believe in You & Want to Invest in Your Future.**

**Get the education you deserve: higher education is within your reach.**

**Your Future Goals Are Only A Click Away.**

To find out more about this amazing program  
please click the buttons below.

**Summer Semester Deadline: 5/31/24**

**We rely on word-of-mouth; please forward this amazing opportunity  
to anyone in our agency who could benefit from this program.  
We appreciate your support!**

*Please click the links below for our policy and application.  
You can also find this information on Ulti-Pro under the News & information section.*

**Policy**

**Application**

**Email Your Questions**

For more information please email us at: [TUITION@AHRC.ORG](mailto:TUITION@AHRC.ORG)

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It's a new year and the IRS has established new contribution limits!

You can now contribute \$23,000 into your 403(b) account.

The catch-up contribution limit remains \$7,500.



We encourage our employees to consider this opportunity to start preparing for retirement.

## Make an impact on your savings

### Here are some simple things you can do to help you start saving for your future again

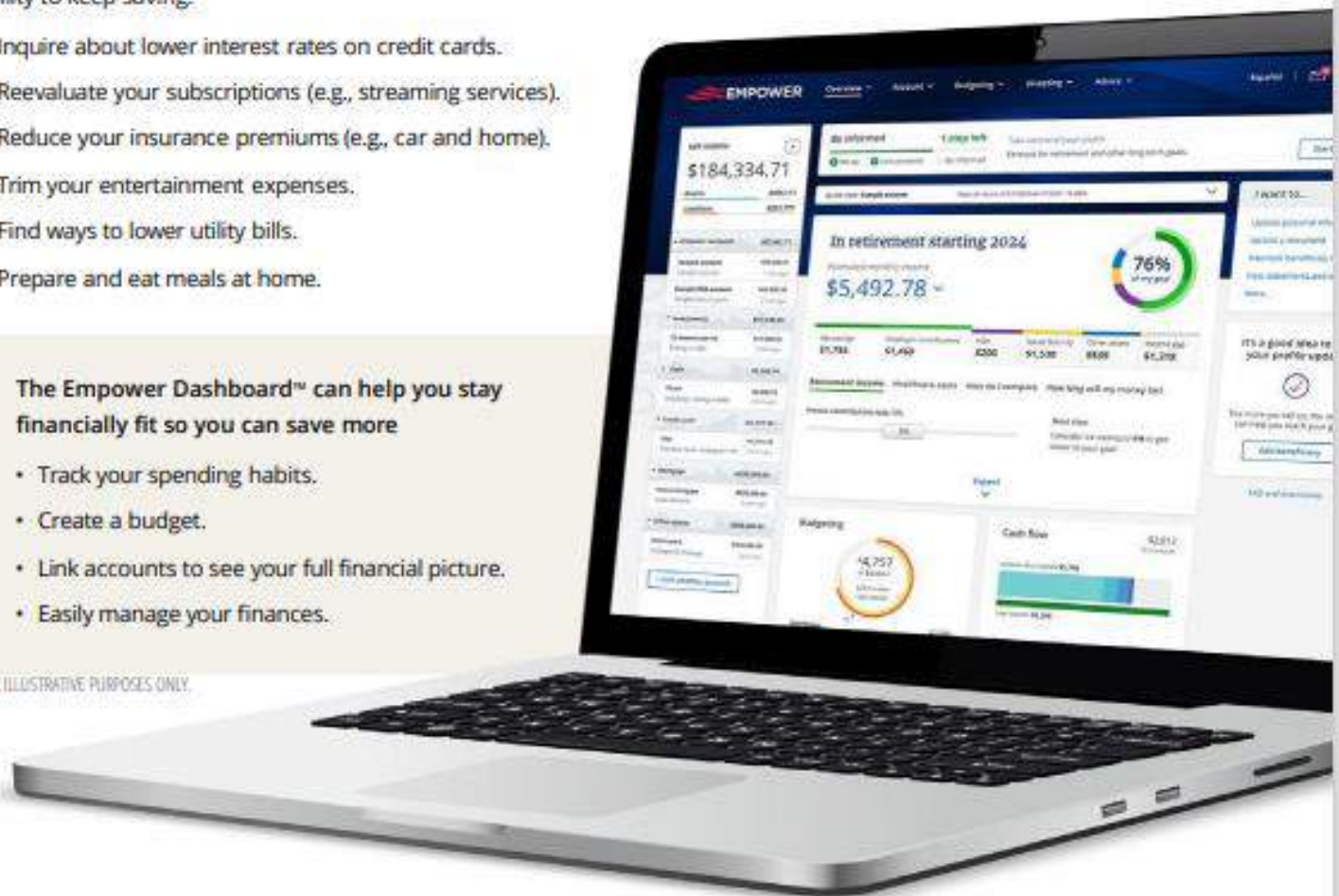
It's important to have control over creating the future you imagine. And saving for retirement is one way to improve your financial wellness. Even when times are tough, there are things you can do that can make a big difference in your ability to keep saving.

- Inquire about lower interest rates on credit cards.
- Reevaluate your subscriptions (e.g., streaming services).
- Reduce your insurance premiums (e.g., car and home).
- Trim your entertainment expenses.
- Find ways to lower utility bills.
- Prepare and eat meals at home.

### The Empower Dashboard™ can help you stay financially fit so you can save more

- Track your spending habits.
- Create a budget.
- Link accounts to see your full financial picture.
- Easily manage your finances.

FOR ILLUSTRATIVE PURPOSES ONLY.



Log in and use the online resources to see the impact small changes can have on your savings  
[www.empowermyretirement.com](http://www.empowermyretirement.com)

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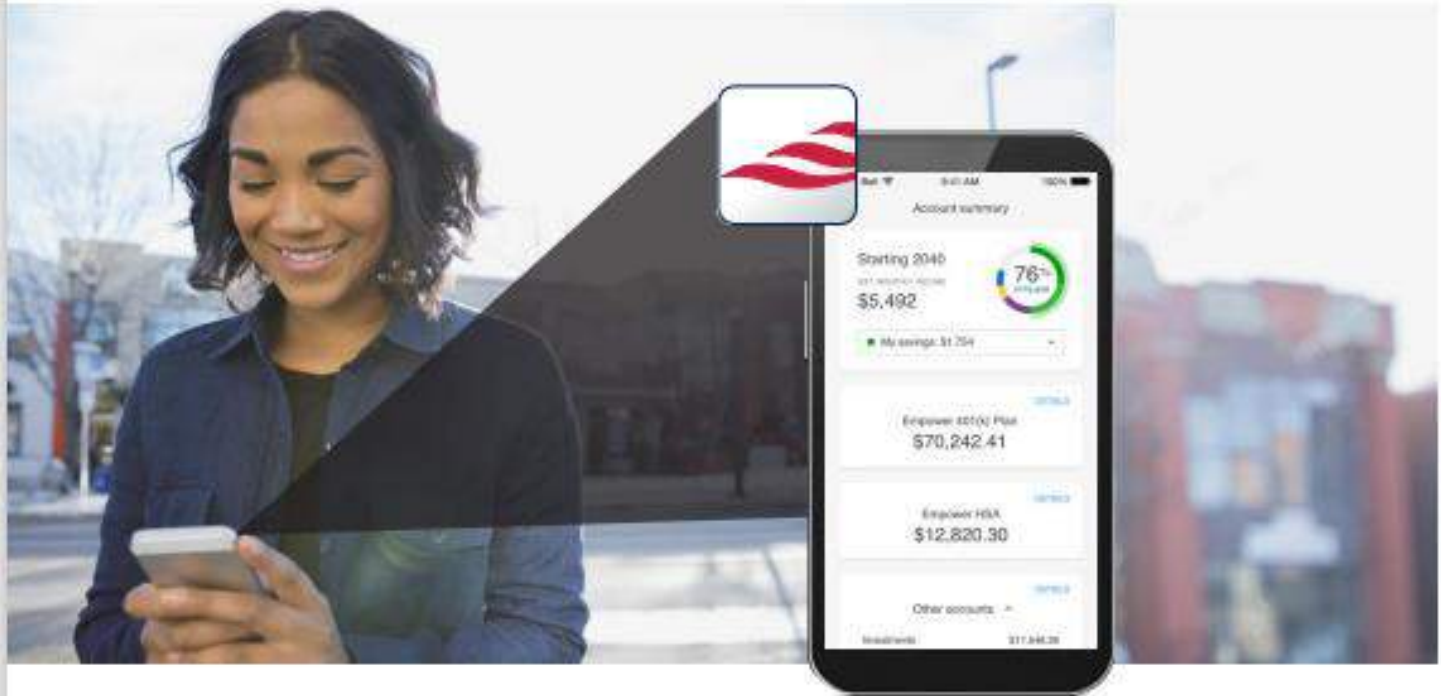
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FOR ILLUSTRATIVE PURPOSES ONLY

## Your plan is accessible when you're on the go

The Empower mobile experience puts your retirement plan at your fingertips. Use it to access and manage your 403(b) plan account when you're on the go — right from your mobile device.

### Prefer to begin your journey now online?

- Log on to **[empowermyretirement.com](https://empowermyretirement.com)**
- Select *Register*.
- Choose the *I do not have a PIN* tab.
- Follow the prompts to create your username and password.

If we don't have your email or phone number on file from your employer, or if you have another account with Empower (with a former employer, for example), you will need to call to access your new plan account.\*





Wheatley Farms™

Catering & Greenhouse

## Visit Us Online for Catering & Greenhouse Needs

Welcome! Wheatley Farms has been serving Nassau County for over 20 years. We are known for a diverse American & International style menu created with old-world recipes and locally sourced plants, flowers, and vegetables grown at The Wheatley Farms Greenhouse. We are offering an extensive selection of plants and hanging baskets.

We offer free, same-day delivery Monday through Friday to our Brookville, Plainview, and Freeport offices, Advantage Care, and the BCCS schools!

Place your BREAKFAST order by 1:00 pm for next-day delivery beginning at 9:00 am.  
Place your LUNCH order by 10:30 am for 1 pm delivery.  
Place your Take Home DINNER order by 10:30 am for 4:00 pm delivery!

### SPECIAL REQUESTS

We accept special orders! If you have a special request or need service outside of our listed hours, please email us at [catering@wheatleyfarmsli.com](mailto:catering@wheatleyfarmsli.com) for any questions about your order. Thank you!.



Wheatley Farms™

Catering & Greenhouse



Click Our Logo to visit us online and  
to place your orders.

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## Visit Us Online to Purchase With Purpose

### Our Mission

Wheatley Farms makes giving and receiving gifts even more meaningful!

From the people who buy our products to the people who produce them, everyone at Wheatley Farms is part of something truly special.

For the last two decades, Wheatley Farms has promoted a more inclusive community with a deep commitment to this social responsibility. Our mission is simple—to create employment opportunities for people with intellectual and developmental disabilities in their communities.

When



**Greenhouse**

you



**Gift Shop**



**Seasonal Gifts**

Click any of the images to visit us online to make a purchase that you can feel good about.

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Visit our online store at:

<https://one-stop-gift-shop.square.site/s/shop>

The Story Behind Our Shop

The One Stop Gift Shop values giving as a way to spread kindness worldwide. That starts with how we're run. The One Stop Gift Shop offers people with intellectual and other developmental disabilities supports by AHRC Day Services an opportunity to participate fully in the running of the gift shop. People supported are creating and crafting handmade items, answering the phone, taking online orders, packaging and delivering merchandise, and keeping inventory tracking.



At Checkout Use  
Code "ahrcn"  
**15% off**



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# Upcoming Events & Celebrations

# FEBRUARY & MARCH

