

December 2023

NEWSLETTER

Advantage Care Monthly Newsletter



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Message from the CEO

As we approach the holiday season, I wish to express my gratitude and appreciation for each of you. Your dedication and hard work are the driving force behind our achievements. These past months have presented challenges that we faced as a team making us stronger, more resilient, and sustainable.



I am thankful for the privilege of leading such an exceptional group of people. Your perseverance and individual contributions have advanced our mission and created a sense of community within our workplace. Your commitment to excellence and willingness to often work "above and beyond what is required" is inspiring.

I wish you and your loved ones a peaceful holiday season filled with warmth, happiness, and moments of rest and relaxation.

Sincerely,
Mary Ellen

Health & Wellness



by Nikki Katz,



Butterfly (Baddha Konasana):

*Opens the groin and hips; stretches the inner thighs.
Forward folding stretches the back*

- ◇ Sitting tall on your mat, bring the soles of your feet together.
- ◇ Interlace your fingers and place them around the toes.
- ◇ Sit tall, rolling the shoulders back, and gaze past the end of the nose.
- ◇ Lean forward for a deeper stretch, stopping when you start to "feel" the stretch.
- ◇ With every inhale, feel your spine growing longer (imagine the crown of your head reaching out in front of you to the wall); with every exhale, allow the body to sink lower (the chest is getting closer to the floor).

TIP: Use blocks under your knees if your hips are particularly tight.

Staying Healthy

Earn while you stay fit with...



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

SYMPTOMS OF CORONAVIRUS (COVID-19)

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

Cough, shortness of breath, or difficulty breathing	Fever or chills	Muscle or body aches
Vomiting or diarrhea	New loss of taste or smell	

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

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](#)

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Career Ladder with TAT



Internal Job Openings



House Manager

Job Req # 2023-6690

Position Type: Full-Time

Schedule: Tuesday – Friday Flex, Saturday 9am-5pm

Location: Glen Cove, Circle Drive

Pay Rate: \$58,500 per year

Job Profile:

Primary duties and responsibilities include but not limited to: Responsible for the direct management of a residence in the Community Living Services Program Ongoing supervision of Assistant Manager and Direct Support Professionals to ensure that the people we support have the opportunity to a safe and quality life and that the site is efficiently running...

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

DSP 1:1 Day Hab

Job Req # 2023-6670

Position Type: Full-Time

Schedule: Monday-Friday 7:30am-3:30pm

Location: Westbury

Pay Rate: \$16-\$17 per hour

Job Profile:

Primary duties and responsibilities include but not limited to: Management of one volunteer in the Day Program by ensuring the implementation and recording of the progress of habilitative and clinical services plans. Functions as member of activity room staff, by performing routine direct care responsibilities regarding the activity room and other volunteers, as directed by Site Manager. In the event of the volunteer's absence, reassignment will be determined by the supervisor.

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



Asst. House Manager - Citizens

Job Req # 2023-6672

Position Type: Full-Time

Schedule: Sun. through Thurs. 3:00 pm-11:00 pm

Hourly Rate: \$18—\$19

Job Profile:

Supervises and works directly with direct support professionals in the delivery of care to the residents by goal implementation and monitoring. Provides feedback to staff in order to have a proper quality of care for residents. Assists House Manager in providing care for residents by assuring clothing needs are met, personal and recreational supplies are maintained, and personal safety is assured by close supervision of residents, in order to maintain a proper quality of life for residents.

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



Teacher Aide

Job Req #2023-6451

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

Program: BCCS

Location: Woodbury

Pay 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](#)

School Registered Nurse

Job Req #2023-6374

Schedule: Monday-Friday 8:30am-4:00pm

Program: BCCS

Location: Brookville

Pay Rate: \$70,000—\$85,000 per year

Job Profile:

Fulfill all school nurse functions as needed in a special education environment appropriately and professionally

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



Patient Rep-Advtg

Job Req # 2022-4286

Position Type: Full-Time

Schedule: Flex up to 35hr, may include Sat & Evenings

Pay Rate: \$22—\$24 per hour

Job Profile:

The Patient Representative is responsible for intakes of new patients, scheduling of patient appointments, updating Health Insurance plans and making "cases" as needed, checking Dental managed care insurance to make sure Advantage Care is the dental home

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

[Click on the each company's logos to go to their Career's Page](#)

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What's Happening @ Advantage Care

Anti Bullying Event

*Advantage Care is proud to stand against bullying!
Our CEO, Mary Ellen Diver, and Patient Relations Coordinator, Retu Domnic, joined forces at the Town of Oyster Bay's Anti-Bullying Event on October 7th. Together, they championed a message of inclusivity, empathy, and support for a community free from bullying.*



What's Happening @ Advantage Care

Photos from the Block Party during National Health Center Week of August 6th.



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What's Happening @ Advantage Care

Photos from the 2023 Walk for Autism



Rain or shine, the Advantage Care Health Centers family came together for our Annual Autism Walk! Despite the weather, our dedicated team, sponsors, and participants turned the day into an uplifting indoor celebration filled with warmth and creativity through arts and crafts.



Thank you to everyone who joined us in supporting autism awareness and acceptance. Together, we make a difference!

<https://advantagecaredtc.org/heartfelt-thanks-to-our-amazing-sponsors-and-supporters/>

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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: AHRC
PW: AHRC

www.nationaleap.com

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

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Lower your Loan
Payments & Qualify for
Loan Forgiveness!

IMPORTANT UPDATE:
Interest Restart: September 1st
Payment Restart: October, 2023
ARE YOU READY?

About Us.

Silver Lion Student Loan Advisors helps individuals with Federal Student Loan Debt. We offer **Free** Loan Reviews and Analysis to determine if borrowers *and* their loans are eligible for an Income Driven Repayment Programs and/or Loan Forgiveness. Silver Lion also offers **For-Fee** services to complete and process Loan Consolidation, IDR Enrollment, Loan Forgiveness, PSLF, Default & Garnishment Relief, and more.

What We Do.

- Conduct Free loan reviews for Federal Student Loans,
- Determine the best program that suits borrowers' goals,
- Confirm eligibility,
- Provide Program payment projection and loan forgiveness opportunities,
- Not in Good Standing? We'll help get loans there,
- Handle all of the enrollment and administration, and
- Help to re-certify annually.

How We Can Help

Our Advisors are available to answer questions, review loans and, most importantly, help borrowers take advantage of historic & new Federal Student loan programs.

Call Us: 855.254.1886

Scan Code to Watch
Explainer Video



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LOAN RELIEF
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SCAN TO SIGN-UP



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STUDENT LOAN ADVISORS

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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.

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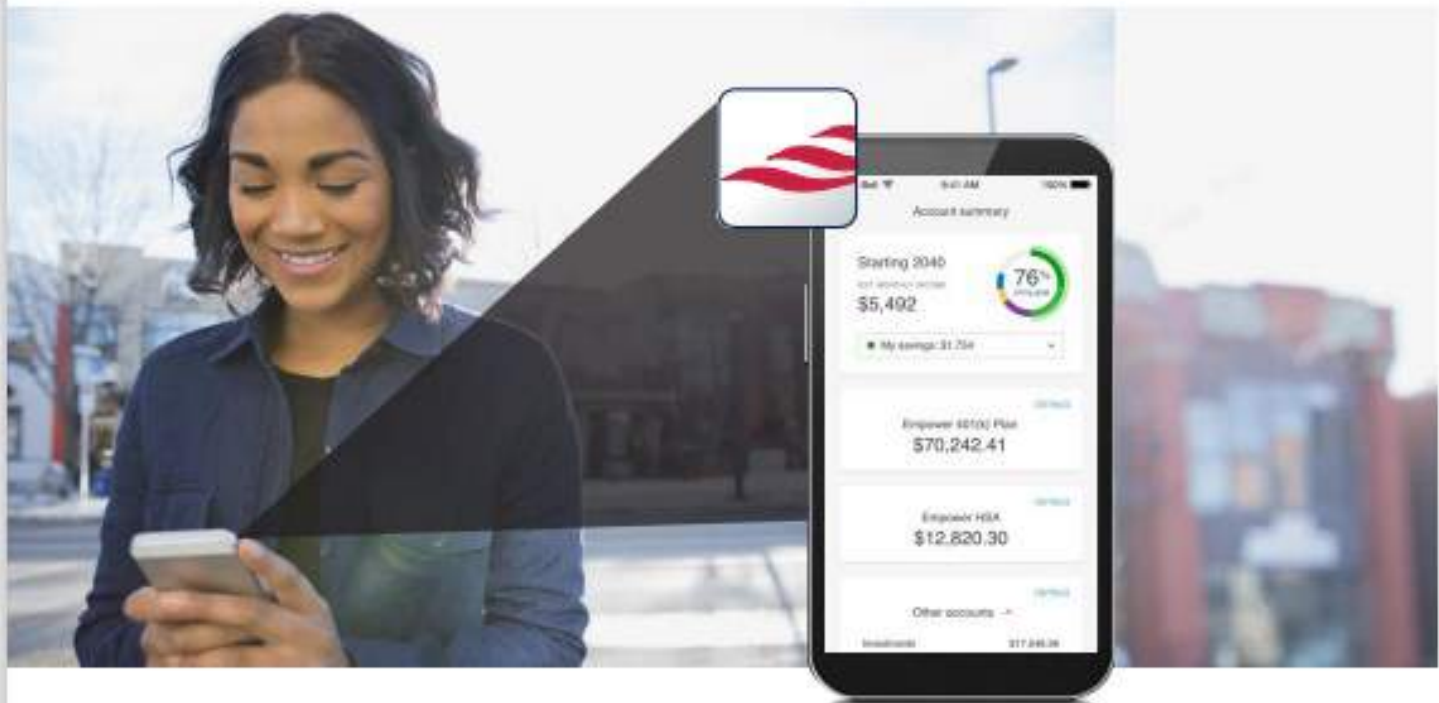


- ▶ Log in and use the online resources to see the impact small changes can have on your savings
www.empowermyretirement.com

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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
- 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.*

We are very excited to share the news that on January 1, 2024, the **Empire BlueCross BlueShield** (Empire) name will become **Anthem Blue Cross and Blue Shield (Anthem)**.



This will not impact your coverage, access to care, or level of support.

You'll still be able to:

- Use the wide range of doctors and hospitals that you do today.
- Access your same benefits.
- Share or download your ID card through empireblue.com <or the Sydney Health app>

Frequently asked questions (FAQ)

Want to know more about Anthem? From Anthem's backstory, to what the new name means for Empire members, explore some of our frequently asked questions.

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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 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 you purchase from Wheatley Farms, you get much more than high-quality products, you get the satisfaction of being a force for good in our community.

Thank you for purchasing with purpose to create opportunity and meaning for all!



Holiday Plants



Giftshop



Christmas Wreaths

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

DECEMBER

