

# LEXINGTON HAPPENINGS



## SPECIAL BULLETIN: COVID-19 UPDATES

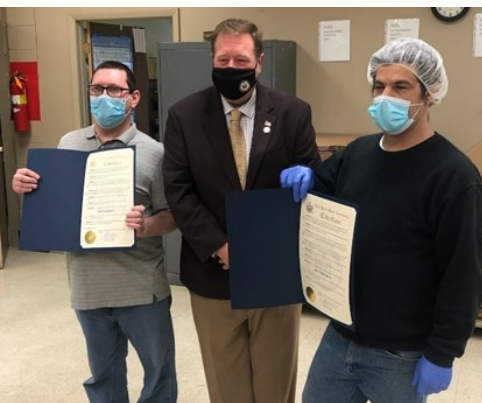
FRIDAY, DECEMBER 18, 2020

### #RISINGTOGETHER AT LEXINGTON!

Find just a few of the great stories that are taking place every day at Lexington here and on page 3!



- The team at 38 Grand, both staff and people we support, all came together to donate recycling cans and bottles to raise money for the Adopt A Child fundraiser! Everyone then pitched in to make online purchases and wrap presents for the young boy they “adopted.” Because of them, one special child is going to have an amazing Christmas! Thank you to everyone who participated!



- Last week, New York Assemblyman Chris Tague visited Lexington’s Schoharie offices to present Josh Jackson, Ray Trendell and Chris Stephens, employees at Schoharie’s Toe Path Industries, with honorary citations from the New York State Assembly. These citations recognize their efforts at work and their nominations as NYSID Joslin Award Outstanding Performers for 2020. Congratulations to Josh, Ray and Chris!



- Holiday decorations are in full swing throughout Lexington and the community! Emilio and Jake at 69 Chestnut worked together to add a little holiday cheer to their front yard. Thanks so much to all the staff who work hard and think creatively to keep the Christmas spirit alive in the people they support every day! It is a great comfort to be able to rely on holiday traditions during times of uncertainty.

#### MANAGERS:

Please post/share this information with your staff.

Does your program have an event/information you’d like listed here?

Please send all information to Megan Balser

([balserm@thearclexington.org](mailto:balserm@thearclexington.org))

at least two weeks in advance of the event.

For community events in Fulton, Albany or Schoharie Counties, please visit the links below.

#### COMMUNITY EVENTS

##### FULTON COUNTY:

[fultonmontgomeryny.org](http://fultonmontgomeryny.org)  
[44lakes.com](http://44lakes.com)

##### ALBANY COUNTY:

[albany.com/events/](http://albany.com/events/)  
[events.timesunion.com](http://events.timesunion.com)

##### SCHOHARIE COUNTY:

[visitschohariecounty.com/](http://visitschohariecounty.com/events)  
[events](http://events)

# MESSAGE FROM SHALONI



Dear Lexington Employees,

I hope you are all well as are your families.

## COVID-19 AT LEXINGTON:

	People We Support Who Have Tested Positive	Employees Who Have Tested Positive
During the first wave	10	8
During November	12	21
So far in December	29	39
	51	68

As you can see from the above numbers, the virus continues to hit us hard. Learning from agencies in New York City and Long Island, who had been hit very hard during the first wave, we have instituted the use of face shields and KN95 masks by all employees who are near people we support. We are also asking you to socially distance from each other and help people we support socially distance as well. Almost everyone tested positive in some of our homes. Correctly using the KN95s, face shields and socially distancing, even within your “household unit,” is the only way to curb this from happening again.

Stratford (Fulton) was placed on quarantine after a staff member notified us that they had tested positive. Van Ren and Pinewood (Albany), Keyser (Fulton) and Elm St (Schoharie) remain on quarantine. Rapp Road (Albany) came off quarantine on December 13. Sadly, we lost one member of our family. Jean was loved very much by her family at Keyser. Our hearts go out to them. Four members from our Pinewood family are in the hospital. Please keep them in your prayers as well as two of them are in serious condition.

Our staff and management teams are going way above and beyond to support everyone affected. We still struggle for staffing coverage at Pinewood and Elm as many of the employees there have been quarantined and are unable to work. We would be so grateful if you can help in any way.

## COVID-19 IN OUR COMMUNITIES – 12/10 through 12/17:

- Albany County – 1,221 new positive cases. Positivity rate on 12/16 was 7.76%, and 9.96% on 12/15
- Fulton County – 206 new cases. On 12/16, the positivity rate was 12.71% and 9.79% on 12/15
- Schoharie County – 113 cases. Schoharie had an 18.64% positivity rate on 12/16 and 13.46% on 12/15.

The Mohawk Valley Region, of which Fulton and Schoharie are a part, along with the Finger Lakes Region, currently are experiencing the highest positivity rates in the state. These numbers are not slowing down; they are rising at an alarming rate. The numbers after Thanksgiving have become staggering, and we are hoping that the Christmas holiday doesn't also affect these numbers in an adverse way.

## COVID-19 VACCINE:

As you may have read or seen, the first inoculations of the COVID vaccine have been administered around the country this week. Lexington has submitted an application to receive authorization to administer the vaccine. With advocacy from The Arc NY, it was announced last week that people who live in our certified IRAs and the staff members who support them will be prioritized to receive the vaccine. We know that you might have a lot of questions about the vaccine. To that end, Dr. Kevin Cope, one of Lexington's Medical Directors, has made a video that provides very important and well-researched information about the vaccine. You can find it here: <https://youtu.be/WudH0x2oEV0>. We will also post this video on Workplace. The vaccine will help us save lives at the agency, by first vaccinating the people we support and the staff who work with them every day. We are going to give you all the information we can to help you make an informed decision about the vaccine.

Although the vaccine is a light at the end of the tunnel, we are not there yet. We still need you to use preventative measures to keep COVID-19 at bay – mask use, use of face shield, hand washing and social distancing are still so important in our fight against the virus. We know that it is uncomfortable and difficult. I ask you for your continued patience. We must get the virus out of Lexington – we know that these measures work and I also know you will do everything in your power to keep the people we support and each other safe. You are amazing every single day. Thank you for everything you do.

Happy Holidays to you and yours ... we wish the very best to you and your families,

With utmost gratitude,

*Shaloni*

## IT'S NEVER TOO LATE TO GET YOUR FLU SHOT!

Getting a flu vaccine is more important than ever during 2020-2021 to protect yourself, your family and the people we support! A flu vaccine this season can also help reduce the burden on our healthcare systems responding to the COVID-19 pandemic and save medical resources for care of COVID-19 patients. Lexington is offering FREE vaccines for employees, and you can get one any time at your convenience! Albany and Fulton County employees who would like to schedule a time to get their flu vaccine should contact Tracy Jurcsak at [knechtt@thearclexington.org](mailto:knechtt@thearclexington.org) or (518) 736-3890. Schoharie County employees who would like to schedule a flu vaccine should contact Christina Lopez at [clopez@schohariearc.org](mailto:clopez@schohariearc.org) or (518) 300-0587. Thank you for helping to keep the people we support and our community safe and healthy by getting your flu shot!

## COVID SAFETY PRECAUTIONS—TRAVEL ADVISORY

**You must notify your supervisor prior to any travel outside of New York State due to advisories related to international and national travel. See details listed below of actions you would need to take if traveling outside of New York State.**

**EFFECTIVE NOVEMBER 20:** Employees who enter New York after traveling from a state that is not a contiguous state\* or from a CDC Level 2 or 3 Travel Health Notice country\*\* shall quarantine for 14 days consistent with Department of Health regulations.

### **OR**

The employee may test out of quarantine following these steps:

1. Employees who traveled outside of New York for more than 24 hours must obtain COVID-19 testing within 72 hours prior to arrival in New York, **AND**
2. Such employees must, upon arrival in New York, quarantine according to Department of Health guidelines, for a minimum of three days, measured from time of arrival, and on day 4 may seek a diagnostic test to exit quarantine.

Employees who meet the criteria above may return to work once they have submitted both negative test results. **During this time, your vacation and personal time will be charged for your scheduled hours not worked. If you do not have vacation and/or personal time to cover these hours, your time away from work will be unpaid.** Employees who leave New York for less than 24 hours do not need to obtain a diagnostic test before departing and do not need to quarantine upon return. However, they must fill out the travel form upon entry and must obtain a diagnostic test on the fourth day after arrival in New York. A copy of this form can be found at <https://coronavirus.health.ny.gov/covid-19-travel-advisory>.

\*Contiguous states are Pennsylvania, New Jersey, Connecticut, Massachusetts and Vermont. Employees who travel from these states are not subject to this guidance.

\*\*The list of CDC Level 2 or 3 Travel Health Notice countries can be found at <http://bit.ly/3nvXX6x>.

## VIRTUAL FLAME CHRISTMAS CONCERT

This weekend, Flame is spreading holiday cheer with FREE virtual concert and dance party! Join them on **Saturday, December 19, 6-7 p.m.** for a live performance of your favorite Christmas classics. This event will bring people together from around the state to enjoy a festive show with their favorite band from the comfort of their own homes! You can register to attend as a home or an individual. To sign up, visit <http://bit.ly/3mpX1za>. Flame hopes to see you there!



## #RISINGTOGETHER AT LEXINGTON!



Continued from front page:

- Decorating homes and setting up Christmas trees are a great way to spend time together as a family and get into the spirit of the holiday! Pictured is Joelle Rivera of Middleburgh, Schoharie, helping to decorate her Christmas tree.
- Several homes in all three counties at Lexington are experiencing quarantines due to COVID-19 exposure, and other homes, programs and departments are stepping up to deliver supplies, meals and special treats to them! These deliveries not only provide much-needed support, but also raise the spirits of teams who are experiencing a very busy and stressful time. Pictured is a goody/activity basket the Middleburgh team put together for their friends at Elm Street.
- Holiday crafts are a fun activity for all to enjoy! Pictured is Jen Gargon with a festive sleigh she made at Schoharie Day Hab.
- Staff at Van Ren, Rapp Road and Pinewood in Albany enjoyed some delicious treats courtesy of their Lexington family last week! Thank you to Kingsboro Catering for making the meals and the day hab staff for delivering them! Your support is much appreciated by the quarantined houses.
- Thanks to Transportation for stepping up to support Lexington homes at a moment's notice! A couple weeks ago, they were all called back to base to deliver much-needed PPE to all the houses. They all shifted gears seamlessly and got the job done quickly and efficiently! Thank you to all the support departments for keeping the agency running smoothly during these difficult times!
- The Nigra Arts Center continues to host socially distant art classes for the people we support—see more information on page 8! Pictured is Brittany Snell of 231 S. Kingsboro making ornaments with her housemates at the arts center.

### VIRTUAL IN-HOUSE MUSIC

Virtual in-house music is available for any residence supported by Lexington! See the performance schedule at <http://bit.ly/3gSW01n> and contact Tammy Miles at (518) 775-5475 or [milest@thearclexington.org](mailto:milest@thearclexington.org) to sign up.

### WELLNESS TOGETHER ZOOM CLASSES AND ACTIVITIES

The Recreation and Day Hab Departments both offer monthly calendars of Wellness Together classes and activities for the people we support to enjoy! View Recreation's calendar at <http://bit.ly/3r1hsG5> and Day Hab's calendar at <http://bit.ly/37ml2CW>.

### DRAMA GAME CLUB FOR FULTON/ALBANY COUNTIES

Join the Clinical Department for drama games every Friday, 9:30-10:30 a.m.! This club includes activities that help people use their imaginations while communicating and having fun. To join, click <https://bit.ly/34UNglZ> and enter Meeting ID: 814 5983 2459.

## HR NEWS AND INFORMATION

### FULTON AND ALBANY: EARN A BONUS FOR RECOMMENDING EMPLOYEES!

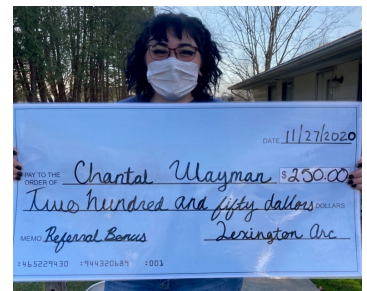
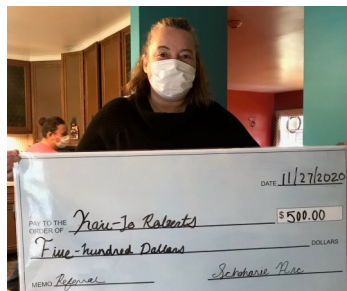
In Fulton and Albany Counties, the Employee Referral Bonus recognizes your efforts to help Lexington hire the best new employees. If you know great people looking for jobs, have them apply at Lexington! If we hire a person you referred, you could earn up to a \$500 bonus. Give an application to a friend or family member or have them apply online at [thearclexington.org](http://thearclexington.org). Make sure they list your name as the referral!

### FULTON AND ALBANY RN/LPN REFERRAL BONUS PROGRAM!

Fulton and Albany have a bonus program for employees who refer RNs/LPNs who are hired by Lexington! You can earn up to \$750 in bonuses through this program. For details, [click here](#) or contact Heidi Smith at (518) 775-5439 or [smithhei@thearclexington.org](mailto:smithhei@thearclexington.org).

### SCHOHARIE: EMPLOYEE REFERRAL BONUS PROGRAM!

Employees in Schoharie can earn a bonus for referring any full-time employee to work at Lexington! If we hire a person you referred, you earn \$250 if the employee stays for 30 days and \$500 after 180 days. For details, please contact Courtney Mickels in the Lexington-Schoharie HR Department at (518) 295-8130 or [mickelc@thearclexington.org](mailto:mickelc@thearclexington.org). Recent recipients of the bonus, pictured below from left to right, were Haley Dorrrough, Tabitha Kutinsky, Kari-Jo Roberts and Chantal Wayman. Congratulations!



### EMPLOYEE ANNIVERSARIES (1, 5 & 10+ YEARS) | NOV. 20 TO JAN. 1 | CONGRATULATIONS!

Laura Hewitt, Day Hab, 11/23, 30 years  
Kathleen Kane, Med Services, 12/3, 30 years  
Elizabeth Petkovsek, Day Hab, 12/3, 30 years  
Terri Snell, Clinical, 12/4, 30 years  
Penny Walrath, Residential, 11/26, 30 years  
Laurence Addams, Residential, 11/27, 25 years  
Brian Elwood, Residential, 12/4, 25 years  
Nancy Walker, Day Hab, 12/4, 20 years  
Stacey Cool, Day Hab, 11/28, 15 years  
Kamolkan Renner, Residential, 11/29, 10 years  
Matthew Brodeur, Residential, 12/31, 5 years

Nicole Dench, Finance, 12/28, 5 years  
April Face, Residential, 12/30, 5 years  
Marsha Graham, Residential, 11/20, 5 years  
Linda Hammond, Accounting, 11/30, 5 years  
Melissa Rorick, Residential, 11/30, 5 years  
Kirsten Tesiero, Residential, 12/31, 5 years  
Megan Brewer, Residential, 12/16, 1 year  
Connor Lawrence, Residential, 12/16, 1 year  
Anthony Pagano, Maintenance, 12/16, 1 year  
Cheyanna Passino, Residential, 12/2, 1 year  
Macaela Waters, Residential, 12/3, 1 year

### EXTRA \$250 REFERRAL BONUS

Albany and Fulton Counties hold monthly drawings of \$250 for employees who refer new DSPs! Each referral is entered, even if they aren't hired. For details, contact Heidi Smith at [smithhei@thearclexington.org](mailto:smithhei@thearclexington.org) or (518) 775-5439.

### DECEMBER RETIREES—THANK YOU FOR YOUR YEARS OF SERVICE!

Cecilia Hazzard, Division Director, Human Resources, Fulton | Years of Service: 33 years, 8 months | Retirement Date: Dec. 5  
Alan Proctor, Workshop Driver, Toe Path Industries, Schoharie | Years of Service: 34 years | Retirement Date: December 18  
Marilyn Hook, Workshop Counselor, Toe Path Industries, Schoharie | Years of Service: 25 years | Retirement Date: December 23

## BJ'S WHOLESALE CLUB MEMBERSHIP OPPORTUNITY

BJ's Wholesale Club is offering Lexington employees a discounted membership rate! For a new membership application, visit <https://bit.ly/37HPWVt>. For a renewing membership application, visit <https://bit.ly/3fXJrI3>. They are also available on the [RKSolution website](#) or by emailing Courtney Mickels at [mickelc@thearclexington.org](mailto:mickelc@thearclexington.org). Return your application with your check or credit card details to Lisa Vickers, BJ's Wholesale Club, 70 W. Campbell Rd., Rotterdam, NY 12306. Email: [lvickers@bjs.com](mailto:lvickers@bjs.com).

### **New Member Special Promotional Offer (does not apply to existing or renewing memberships):**

- New members enrolling in the Regular Membership will pay only \$25 + tax = \$27 for a 1-year membership. Regular fee is \$55.
- New members enrolling in the Rewards Membership will pay only \$50 + tax = \$54 for a 1-year membership. Regular fee is \$110.

### **Special Membership Offer for Renewing Members (will add 13 months onto membership from current expiration date):**

- Get \$15 off the regular \$55 annual Regular Membership fee! Your cost will be \$40 + tax = \$43.20 for a 1-year membership.
- Get \$30 off the \$110 Rewards Membership fee! Your cost will be \$80 + tax = \$86.40 for a 1-year membership.

### **Bonus Offers for New and Renewing Members:**

- Get a FREE second membership card for another household member.
- Get one extra month FREE.

## SCHOHARIE COUNTY: TRICITY FOOD CO-OP ORDERS

If you are interested in placing an order with [TriCity Food Co-op](#), orders are due by **Monday, December 21**. Pick up your orders on Thursday, January 14, 3:30-4:15 p.m. (please note: time has changed) at 121 Opportunity Drive, Schoharie.

## WORKPLACE RESOURCES—SETTING UP YOUR WORKPLACE PROFILE

Congratulations to Schoharie staff – just under 175 of you have joined the [Workplace](#) platform! THANK YOU for becoming part of the Lexington conversation! Here are some tips about setting up a Workplace profile – for new Schoharie users, and a reminder for those from Albany and Fulton. Your **Workplace Profile** is your personal work profile within Workplace, where you can include details about yourself and your role at Lexington. The first step in setting up your profile is to add your photo! Having a profile picture is key to giving a warm welcome to those who haven't met you yet. Having an up-to-date profile makes it easier for co-workers to find and interact with you. Plus, it helps inform people about who they should talk to when they have specific questions. For tips on how to set up your Workplace Profile, click: [Profile Basics](#), [Profile Pictures](#) and [New Workplace User Guide](#).

### **THINGS TO DO WHEN SETTING UP YOUR PROFILE:**

#### **1. Start personalizing your profile**

Desktop: Click on your name on the bottom left of the screen and then select [View Profile](#) right below your name.

Workplace App: Click the three lines at the bottom right. That will bring you to [Menu](#), where you will go to "See your profile."

#### **2. Fill in your [About](#) section with basic information such as phone number, location, job title and department.**

Desktop: Click on the "About" menu item under your name.

Workplace App: Go to "Edit Profile" under your name.

#### **3. Add your [Manager](#) to make sure you are connected with your work team.**

Desktop: In the "About" section, under "Org."

Workplace App: Go to "Edit Profile" under your name – "Human Resources."

#### **4. Add [Skills](#) to increase your visibility and highlight your skillset.**

Desktop: In the "About" section, under "Basic Info."

Workplace App: Go to "Edit Profile" under your name – "Basic Information."

#### **5. Personalize your Profile Picture with a [Frame](#).**

Not on Workplace? Email Courtney Mickels at [mickelc@thearclexington.org](mailto:mickelc@thearclexington.org) for an invitation. Join the Lexington conversation!

## VISIT NEW BEGINNINGS THRIFT SHOP IN SCHOHARIE!

Looking for a unique gift item, stocking stuffer or holiday décor? Stop in to New Beginnings! Wares include gently loved items, Gertrude Hawk chocolate bars, and Flame merchandise. The store is located at 404 Main St. in Schoharie and is open Tuesday-Friday 10 a.m.-5 p.m. and Saturday 10 a.m.-2 p.m. Lexington employees receive a 10% discount—just present your employee ID! Donations are always appreciated. Call Denise Hennes at (518) 295-7467 or visit <http://bit.ly/2LFE7rc> for more information.



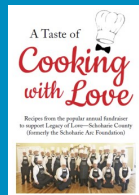
## FITNESS DISCOUNTS FOR LEXINGTON EMPLOYEES

For more information about these and other discounts, contact Courtney Mickels at [mickelc@thearclexington.org](mailto:mickelc@thearclexington.org), (518) 775-5422 or (518) 295-8130; visit [thearclexington.org/open-enrollment-2020](http://thearclexington.org/open-enrollment-2020); or read the News & Articles section on the [RKSolution site](#).

**Fulton County YMCA:** Due to the pandemic, new discounted yearly memberships will not be announced until the spring. Effective immediately and until April 2021, the YMCA in Johnstown is offering all Lexington employees 20% off the cost of membership and 10% off Y childcare. This offer is available directly at the YMCA. Stop in with proof of your employment to take advantage!

**CDPHP Fitness Connect:** Employees in the Capital Region can utilize this program for free! For more information, visit the RKSolution or [www.cdphp.com/members/wellness/fitness-discount-programs/fitness-connect](http://www.cdphp.com/members/wellness/fitness-discount-programs/fitness-connect).

**Axis Strength Employee Discount:** See the RKSolution or <https://bit.ly/2JA7SsH> for more information.



## “A TASTE OF COOKING WITH LOVE” COOKBOOK

“A Taste of Cooking with Love,” a collection of recipes from Legacy of Love—Schoharie County’s annual fundraiser, is available for order now! The book features crowd-favorite recipes from over 30 celebrity chefs, including our own Wally Hart, Matthew Lennon and David DiNicola! The cost is \$35 and proceeds benefit Legacy of Love. To order a book, contact Tammy Ruise at (518) 295-8130 ext. 256 or [ruiset@thearclexington.org](mailto:ruiset@thearclexington.org) or visit <http://bit.ly/3r8mfWg>.

## 2021 HOLIDAYS AND PAY DATES

The following holidays will be observed in 2021:

- New Year’s Day — Friday, January 1
- MLK Day — Monday, January 18
- Presidents’ Day — Monday, Feb. 15
- Memorial Day — Monday, May 31
- Independence Day — Monday, July 5
- Labor Day — Monday, September 6
- Columbus Day — Monday, October 11
- Thanksgiving — Thursday, Nov. 25
- Day after Thanksgiving — Friday, November 26
- Christmas — Friday, December 24

Payroll periods and pay dates for 2021:

12/20/20 - 1/2/21   <b>1/8/21</b>	3/14/21 - 3/27/21   <b>4/2/21</b>	6/20/21 - 7/3/21   <b>7/9/21</b>	9/12/21 - 9/25/21   <b>10/1/21</b>
1/3/21 - 1/16/21   <b>1/22/21</b>	3/28/21 - 4/10/21   <b>4/16/21</b>	7/4/21 - 7/17/21   <b>7/23/21</b>	9/26/21 - 10/9/21   <b>10/15/21</b>
1/17/21 - 1/30/21   <b>2/5/21</b>	4/11/21 - 4/24/21   <b>4/30/21</b>	7/18/21 - 7/31/21   <b>8/6/21</b>	10/10/21-10/23/21   <b>10/29/21</b>
1/31/21 - 2/13/21   <b>2/19/21</b>	4/25/21 - 5/8/21   <b>5/14/21</b>	8/1/21 - 8/14/21   <b>8/20/21</b>	10/24/21 - 11/6/21   <b>11/12/21</b>
2/14/21 - 2/27/21   <b>3/5/21</b>	5/9/21 - 5/22/21   <b>5/28/21</b>	8/15/21 - 8/28/21   <b>9/3/21</b>	11/7/21 - 11/20/21   <b>11/24/21</b>
2/28/21 - 3/13/21   <b>3/19/21</b>	5/23/21 - 6/5/21   <b>6/11/21</b>	8/29/21 - 9/11/21   <b>9/17/21</b>	11/21/21 - 12/4/21   <b>12/10/21</b>
	6/6/21 - 6/19/21   <b>6/25/21</b>		12/5/21 - 12/18/21   <b>12/23/21</b>

## WELLNESS REQUIREMENTS FOR SCHOHARIE HEALTH INSURANCE PLAN

The deadline for wellness activities for Schoharie’s health insurance has been extended until **March 31, 2021**. There will be no deduction of the \$20 surcharge for MVP plan participants from January to March 2021. Activities should be submitted to Kathleen Roberts at [kroberts@rkinsurance.com](mailto:kroberts@rkinsurance.com) or faxed to her at 518-244-4339. Activities that have been submitted for 2020 will be carried over from Jaeger & Flynn to Rose & Kiernan. Outstanding activities must be completed by March 31 to avoid the \$20 surcharge.

## THE ARC NY SCHOLARSHIPS FOR DEGREE-SEEKING STUDENTS IN I/DD FIELDS

The Arc NY presents annual scholarships to students seeking degrees in fields related to intellectual or developmental disabilities! Applications are open now through **January 11, 2021**. For more information and to apply, please visit [www.thearcny.org/about/scholarship-awards](http://www.thearcny.org/about/scholarship-awards) or click the scholarship name. For questions, email [scholarships@thearcny.org](mailto:scholarships@thearcny.org).

<b>ARTHUR W. PENSE SCHOLARSHIP</b>	<b>JAMES F. REVILLE SCHOLARSHIP</b>	<b>JONATHAN WEINGOLD SCHOLARSHIP</b>	<b>JOSEPH T. WEINGOLD SCHOLARSHIP</b>
For physical or occupational therapy degree program students.	For full-time college students in a program related to I/DD, such as behavioral sciences, social work, healthcare administration and management, psychology or nursing.	For employees who wish to further their education with the intention of contributing to the field of I/DD.	For students enrolled in a New York degree program leading to a special education certification.

## PAUL NIGRA CENTER FOR CREATIVE ARTS

Lexington employees get a 10% discount at the Nigra Arts Center! Just enter the code **LEXEMPLOYEE** at checkout to redeem. We offer free classes to the people we support. If your house, program or someone you know wants to take a class, please call (518) 661-9932 or contact Maria Nestle at [nestlem@thearclexington.org](mailto:nestlem@thearclexington.org) to sign them up. The center is located at 2736 State Highway 30 in Gloversville. For full listings of the classes and events offered, visit [www.pncreativeartscenter.org](http://www.pncreativeartscenter.org).



### ADAPTIVE ARTS CLASSES AT THE NIGRA ARTS CENTER

The Nigra Arts Center is offering art classes and social activities both through Zoom and in person! In-studio classes will be offered for homes to participate in as a single “family unit,” with only one house participating at a time. Weekend activities are also available. To see the December calendar, which includes both holiday-themed classes and our regular roster of yoga, baking, fine arts and more, visit [www.pncreativeartscenter.org/s/November-December-2020-3.pdf](http://www.pncreativeartscenter.org/s/November-December-2020-3.pdf). Pre-registration is required. To sign up, call (518) 661-9932 or email [lozierh@thearclexington.org](mailto:lozierh@thearclexington.org).

### COME VIEW OUR ART SHOW!

The 2020 Fall/Winter Art Show is a diverse exhibition featuring work from artists across New York, including Transitions student artists! Come see the show **weekdays 9 a.m. to 6 p.m. or Saturdays 10 a.m. to 1 p.m. from November 12, 2020, to January 22, 2021!**

### CHECK OUT OUR VIRTUAL ART SHOWS!

Virtual tours of the 2020 New York State Summer Art Show, *Adirondack Life* Art Show and Membership Art Show are now available online! Check them out on the Nigra Arts Center Facebook page or at [www.pncreativeartscenter.org/art-shows](http://www.pncreativeartscenter.org/art-shows).

### RESOURCES AND COMMUNICATIONS

Previous resources can be found at [thearclexington.org/wellness](http://thearclexington.org/wellness) or [thearclexington.org/family-connections](http://thearclexington.org/family-connections).

- **United Concierge Medicine: The Virtual ER**—Lexington’s Fulton and Albany Telemedicine provider (1-844-484-7362).
- **MVP: My Visit Now**—Lexington’s Schoharie Telemedicine provider. Click the link or visit <https://bit.ly/34D519b> to view a step-by-step flyer on how to use this program.
- **Project Connect Pandemic Helpline**—A 24-hour helpline has launched to support people with disabilities, their families and members of their support team. Click the link for details about what services it offers or call it any time at 888-847-3209.
- **MVP Wellbeing Rewards**—Schoharie employees can earn up to \$600 by participating in MVP’s Wellbeing Rewards Program! Complete and report Wellness Activities after completing your Personal Health Assessment. **Rewards must be redeemed by December 31.** To register or for more information, visit [mvphealthcare.com](http://mvphealthcare.com) and select “Your Wellness Starts Here.”
- **Mindfulness Exercises**—From the **Lexington Activity & Resource Center**: Click the link for some exercises that will help promote better mindfulness and relieve stress!

### LEXINGTON HAPPENINGS DIGITAL ARCHIVE

The online digital archive of Lexington Happenings, which includes active links to all the resources and documents highlighted, can be found at [thearclexington.org/lexington-happenings](http://thearclexington.org/lexington-happenings)! If you have questions or would like to submit information for a future newsletter, please contact Megan Balser at [balserm@thearclexington.org](mailto:balserm@thearclexington.org) or (518) 661-9932.

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