

LEXINGTON HAPPENINGS



Welcome to “Lexington Happenings,” a collection of things to do and see and experience at Lexington!

FRIDAY, OCTOBER 9, 2020

MESSAGE FROM SHALONI



Dear Lexington Staff members,

Although the COVID-19 virus has been devastating for us, both personally for many and professionally for our agency and around the world, I can truly say that we have done our best to keep it from our agency as much as we could. Thanks to each

and every one of you for all you have done for the agency...providing the best services and programming to the people we support during these challenging times, keeping everyone safe and healthy, being mindful to be careful and safe in the community so you don't bring the virus to anyone in the agency, and more.

Now, I have to ask you, again, to help us keep sickness from the agency. It's October and time to think about the flu, another respiratory disease that can be devastating to the population we serve. Thousands of people die from the flu each year, but it's the physically vulnerable and those with comorbidities that get hit the hardest.

An annual seasonal flu vaccine is the best way to help protect against the flu. New flu vaccines are released every year to keep up with rapidly-adapting flu viruses. When you get vaccinated, your immune system produces antibodies to protect you from the viruses included in the vaccine. But antibody levels may decline over time — another reason to get a flu shot every year. But it is especially important this year, with COVID-19 still among us. Both the flu and the coronavirus are respiratory illnesses, both attacking the lungs and affecting how people breathe. That's especially scary for the people we support. So until there's a vaccine for COVID-19, it's especially important for the individuals we serve to be vaccinated against the flu.

It is just important for you to be vaccinated for the flu. The flu can be devastating for healthy people, too. It can put you out of service for days, until you can fully recover from its effects — respiratory distress and cough, fever and muscle aches, headache and fatigue. As you can see, these symptoms can mimic those of COVID-19. In addition, they are both spread by droplets and contact, so good hygiene practices that we use for COVID-19 (using agency-issued masks at work, coughing into your elbow, frequent hand washing) are also appropriate to avoid the flu.

Medical professionals are especially worried what the flu will do to the current public

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 Balsler (balserm@thearclexington.org)

at least two weeks in advance of the event. For community events in Fulton or Albany Counties, please visit the links below.

COMMUNITY EVENTS

FULTON COUNTY: fultonmontgomeryny.org
44lakes.com

ALBANY COUNTY: albany.com/events/
events.timesunion.com

health crisis caused by the coronavirus. If a second wave of COVID-19 rears its head across the United States, our health care system doesn't want to be overrun with flu cases while enduring a second wave of the more serious COVID-19. If you remember when New York City and its immediate suburbs were overrun during the first wave of the virus, hospitals were short on beds, equipment (including much-needed ventilators), and even staff. We don't want to see that happen in our state, or even in our communities again. Getting as many people vaccinated against the flu will go a long way in helping to avert another healthcare crisis.

To help keep you healthy, as well as the people we support, we are offering FREE flu vaccines for all employees. We have a number of clinics scheduled for this month, as well as others that have already taken place, in Albany, Fulton and Schoharie. If these clinics do not fit your schedule, we can schedule a vaccine at a time more convenient for you. Please contact Tracy Jurcsak (knecht@thearclexington.org) for more information about the flu vaccine or if you'd like to schedule an appointment.

Watch for information about fighting the flu and flu vaccines on Workplace, in Lexington Happenings and more where we use the hashtags #FightFlu #MaskUp #LatherUp #SleeveUp.

As you know, we are having a number of outside meetings, this week in Schoharie and for the following two weeks in Fulton, both at the Nigra Arts Center and in Dolgeville. Watch for more information about Albany meetings coming soon. We are having Informational Meetings, Employee Recognition, and Service Award Meetings. The most important for all employees are the Informational Meetings, for which I sent out a schedule on Wednesday. At these meetings we will discuss the merger of Lexington and Schoharie Arc, as well as the new staffing model for day hab and residential. There is also a schedule of these in this issue of Lexington Happenings. We are encouraging all employees to attend one of those meetings. Please RSVP to these meetings to Rene Craig, craigr@thearclexington.org.

We hope to see you at an upcoming meeting. We hope you stay well, as do your families and loved ones. We are grateful for all you do for the people we support and to each other.

Thankfully,
Shaloni

IN-PERSON INFORMATIONAL STAFF MEETINGS

Lexington is holding in-person informational staff meetings in October to discuss changes with the merger and our residential and day program models. Meetings in Fulton County will be either in a tent in front of the Nigra Arts Center or at the Hilltop Fire Department in Dolgeville. Details about meetings in Albany are TBA.

All employees are asked to attend one of these meetings. To sign up, please contact Rene Craig at craigr@thearclexington.org by Tuesday, October 13. **RSVPs are required so that social distancing protocols can be followed. Masks are also required at each meeting.** Dates and times are as follows:

DATE AND TIME	LOCATION
Tuesday, October 13 3:00 p.m.	Paul Nigra Center for Creative Arts 2736 State Highway 30, Gloversville
Wednesday, October 14 5:00 p.m.	Paul Nigra Center for Creative Arts 2736 State Highway 30, Gloversville
Thursday, October 15 9:00 a.m. and 5:00 p.m.	Paul Nigra Center for Creative Arts 2736 State Highway 30, Gloversville
Friday, October 16 12:00 p.m.	Paul Nigra Center for Creative Arts 2736 State Highway 30, Gloversville
Monday, October 19 9:00 a.m.	Paul Nigra Center for Creative Arts 2736 State Highway 30, Gloversville
Monday, October 19 3:00 p.m. and 5:00 p.m.	Hilltop Fire Department 7770 State Highway 29, Dolgeville
Tuesday, October 20 11:00 a.m. and 6:00 p.m.	Paul Nigra Center for Creative Arts 2736 State Highway 30, Gloversville
Thursday, October 22 1:00 p.m.	Paul Nigra Center for Creative Arts 2736 State Highway 30, Gloversville
Friday, October 23 9:00 a.m. and 2:00 p.m.	Paul Nigra Center for Creative Arts 2736 State Highway 30, Gloversville

HELP FIGHT THE FLU! #FIGHTFLU #MASKUP #LATHERUP #SLEEVEUP

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 through a series of flu clinics throughout the agency—details below. Please check out the following resources on the flu vaccine and why you should get it:

- [Video from Lexington Medical Director Dr. Kevin Cope: The Importance of the Flu Vaccine This Year \(www.youtube.com/watch?v= u701Z7QCGQ\)](https://www.youtube.com/watch?v=u701Z7QCGQ)
- [Video from the CDC: Roll Up Your Sleeve for Your Annual Flu Vaccine \(https://www.youtube.com/watch?v=021CysV t1E\)](https://www.youtube.com/watch?v=021CysV t1E)

FREE EMPLOYEE FLU SHOT CLINICS FOR LEXINGTON EMPLOYEES

Lexington is offering free flu shots to all employees! According to the CDC, the COVID-19 pandemic has made reducing the spread of respiratory illness like flu this fall and winter more important than ever. Please consider getting a vaccine at one of our free employee flu clinics to help prevent the spread of flu and protect yourself, your family and the people we support! The way we are offering flu vaccines this year has changed to allow for proper social distancing. Please read the below information carefully:

- **EMPLOYEES WORKING IN A RESIDENCE AND 5 WASHINGTON SQUARE, ALBANY** who wish to receive their flu vaccine will be able to do so through a nurse associated with that residence or location. The nurse will contact these locations to schedule dates and times for administration of flu vaccines.
- **EMPLOYEES WORKING AT CONNECTIONS DAY HAB, KALEIDOSCOPE DAY HAB, TOWNSEND AVENUE, 43 HARRISON STREET AND EMPLOYMENT RESOURCES** will have the opportunity to get their flu vaccine on **Friday, October 16**, during the times listed below. If you work at one of these locations , please make arrangements to be in your office at the time corresponding to the building where your office is located. A nurse will be making rounds to the offices of these buildings to administer the vaccine.

SITE/LOCATION	TIME	SITE/LOCATION	TIME
Connections Day Hab	9AM to 10AM	43 Harrison Street	12PM to 2PM
Townsend Avenue	11AM to 12PM	Employment Resources	2PM to 4PM
Kaleidoscope Day Hab	10AM to 11AM		

- **ALL OTHER FULTON COUNTY EMPLOYEES** may obtain the flu vaccine via a clinic offered **by appointment only at the building they typically work at or have an office in**. Below are the dates and times clinics will be offered along with the person you must call to schedule an appointment. **Please only schedule an appointment for a flu shot in the building you typically work at.**

SITE/LOCATION	TIME	CONTACT FOR APPOINTMENT
Conference Room and Cafeteria 407 Co. Highway 114, St. Johnsville	Friday, October 9 10AM to 3PM	Vicki Scheuerman (518) 568-3102
Nigra Arts Center and Transitions 2736 State Highway 30, Gloversville	Tuesday, October 13 10AM to 3PM	Lynette May (518) 661-9932

- **EMPLOYEES WHO WORK IN SCHOHARIE** may obtain the flu vaccine via clinics offered at **Schoharie Day Hab** on the below days and times. To make an appointment, please contact Christina Lopez at clopez@schohariearc.org.

DATE	TIME	DATE	TIME
Friday, October 16	12-4PM	Tuesday, October 28	11AM-2PM
Tuesday, October 20	11AM-2PM	Wednesday, October 29	11AM-2PM
Wednesday, October 21	11AM-2PM		

Employees enrolled in Lexington’s Medical Plan may earn Life Points for the flu shot! For help, please contact Michelle Peryea, RN, Safety and Wellness Coordinator, at (518) 775-5420. If you have a conflict with when the vaccine is being administered at your location and would like to schedule an alternate time or if you have any questions, please contact Tracy Jurcsak at (518) 736-3890.

#RISINGTOGETHER AT LEXINGTON!



We hope you have been enjoying the beauty of fall in the Adirondacks, the Capital District and the Schoharie Valley! There is a lot going on in October—here are some examples:

- It's National Disability Employment Awareness Month! Employment Resources and New Pathways are taking this opportunity to celebrate the contributions that people with disabilities bring to the workplace, and the employers who work with them! Lexington is proud to support so many hardworking people as they achieve success in their careers. Thanks also to the staff in both programs who make it possible! Pictured is Katelyn Ackowitz, who worked her way up from a part-time housekeeping aide at Nathan Littauer Hospital and Nursing Home to a full-time, permanent position in the hospital's Housekeeping Department.
- The men who live at Northampton, led by Lori Cassaro, completed their project of building raised garden beds from scratch! Everyone was involved from the very beginning, starting with buying the wood, then cutting it by hand, carrying it to the top of the hill, digging and making the holes level, laying wood pieces down and even cutting rebar by hand. Thanks to their hard work and team effort, they succeeded in making three beautiful garden beds!
- 15 Lex decided to celebrate 200 days of quarantine with an art project! Laura Hewitt, Tina Mergel, Cierra Rhinehart, Faith MacLean and Gerald Kasper made a series of signs and wall decorations commemorating the past several months and expressing gratitude to all the staff who worked incredibly hard to keep everyone safe, healthy, happy and having fun despite the challenges. Thanks to everyone who contributed to this fun and heartwarming project!
- Bonnie Frasier has been an amazing asset to Cromer Road as part of their day hab team! A licensed cosmetologist who previously owned her own beauty salon, she stepped up to cut the hair of everyone who lives at Cromer Road as soon as quarantine began. She has been cutting their hair regularly since March! Thank you, Bonnie, for going above and beyond!
- The Eagle Mills team got into the Halloween spirit by sneakily delivering a seasonal goody box to Broadalbin Farms! Having been "Booed," it was then Broadalbin Farms' job to "Boo" someone else! Happy Halloween!
- We just wrapped up three days of meetings in Schoharie County where we talked about the merger, fielded questions from and for staff, recognized employees who go above and beyond, and named Employees of the Year! Watch for future issues to see who received awards at Lexington-Schoharie for a job well done!

OCTOBER WELLNESS CLASSES FOR THE PEOPLE WE SUPPORT

The Wellness Together program is offering Zoom health and wellness classes throughout October! For Fulton and Albany Counties, view the calendar at <https://bit.ly/3nq6DM5> and register by emailing Bajha Helou Haddawi at heloub@thearclexington.org. For Schoharie County, view the calendar at <https://bit.ly/30QqmuG> and register with Tina Goldswer at tgoldswer@schohariearc.org.

ESS SUPPORT CALENDAR FOR RESIDENTIAL TEAMS IN FULTON/ALBANY COUNTIES

The Clinical Department is offering in-person classes and activities to the people we support! To view the October calendar, visit <https://bit.ly/34HeITQ>. To sign up, email Maria Betts at bettsm@thearclexington.org by noon the Friday before the activity.

COVID SAFETY PRECAUTIONS—NEW YORK STATE TRAVEL ADVISORY

****Effective September 28, anyone entering NYS from a country designated under a CDC level 2 or 3 COVID-19 health notice must quarantine for 14 days from the last day in the designated country. This applies to everyone, including essential workers. The list of countries can be found at www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html. If you plan to travel internationally to one of the countries on these lists, upon return you must quarantine accordingly. During this time your vacation and personal time will be charged for your scheduled hours. If you do not have vacation and/or personal time to cover these hours, your time away from work will be unpaid. You must notify your supervisor prior to international travel.****

Effective June 25, New York State issued travel restrictions addressing any travel to states currently experiencing higher COVID-19 infection rates. Please review the list of states below where these restrictions apply as of this week (****newly added**):

Alabama	Florida	Indiana	Minnesota	Nevada	Puerto Rico	Texas
Alaska	Georgia	Iowa	Mississippi	New Mexico**	Rhode Island	Utah
Arkansas	Guam	Kansas	Missouri	North Carolina	South Carolina	West Virginia
Colorado**	Idaho	Kentucky	Montana	North Dakota	South Dakota	Wisconsin
Delaware	Illinois	Louisiana	Nebraska	Oklahoma	Tennessee	Wyoming

If you have traveled from and spent more than 24 hours in one of these states, you must comply with the following:

- Report this travel to your supervisor and, as needed, ask them for guidance.
- Seek diagnostic testing for COVID-19 ASAP upon arrival back in New York (within 24 hours) to ensure you are not positive.
- You must furnish your negative test result prior to returning to work. For any shifts missed while test results are pending, available vacation and/or personal time will be used or time will be unpaid if none is available.
- You will need to be retested about 7 days after your first test and furnish a copy of the test result upon receipt.
- It is possible that your work assignment may need to be temporarily adjusted while awaiting the results of the second test.
- You must monitor temperature and symptoms, wear a mask, social distance and disinfect workspaces for at least 14 days.
- You are required to avoid extended periods in public, contact with strangers and large congregate settings for at least 7 days.

If you don't comply with the above, you must remain out of work in self-quarantine for at least 14 days. Vacation or personal time will be charged for your unscheduled hours. If you don't have enough time to cover these hours, your time absent will be unpaid.

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.

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**. Each \$3,000 scholarship is paid in two installments of \$1,500 per semester and must be claimed within four years of being awarded. For more information and to apply, please visit www.thearcny.org/about/scholarship-awards or click the scholarship name. For questions, email scholarships@thearcny.org.

<u>ARTHUR W. PENSE SCHOLARSHIP</u>	<u>JAMES F. REVILLE SCHOLARSHIP</u>	<u>JONATHAN WEINGOLD SCHOLARSHIP</u>	<u>JOSEPH T. WEINGOLD SCHOLARSHIP</u>
For physical or occupational therapy degree program students. One presented annually.	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. Two presented annually.	Presented to four full-time Arc 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. Two presented annually.

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. Make sure they list your name as the referral!

HERE ARE SOME EMPLOYEES WHO REFERRED NEW HIRES IN SEPTEMBER:

Kayley Bonificio
Kori Buyce

Daniel Clemence
Kaitlyn Duesler

Crystal Frye
Missy Hale

Remmielaku Norman
Jennifer Randall

Stacey Rocas
Takoda Rowback

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 cmickels@schohariearc.org.

EXTRA \$250 REFERRAL BONUS

Albany and Fulton Counties hold monthly drawings of \$250 for employees who refer new direct support professionals! Each referral is entered, even if they aren't hired. For details, contact Heidi Smith at smithhei@thearclexington.org or (518) 736-3965.

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.

EDUCATIONAL OPPORTUNITIES FOR EMPLOYEES OF CHAPTERS OF THE ARC NY

Employees of chapters of The Arc NY may take advantage of two educational partnerships with New York colleges!

- **PARTNERSHIP WITH MARIST COLLEGE:** Marist College, located in Poughkeepsie, offers a variety of programs both on-site and online for graduate and adult undergraduate (age 22+) learners. They are offering all Arc New York employees, volunteers and their immediate adult family members a tuition discount on eligible graduate and adult undergraduate degree programs. A list of the eligible programs can be found at marist.edu/admission/graduate/partnerships/eligible-programs-pricing, and more information about the discount offered for specific programs can be found at <https://bit.ly/3iBuZyM>. For more details about this partnership, please visit marist.edu/arc-of-new-york-state. Individuals interested in participating may complete an online inquiry form at think.marist.edu/inquiryform to receive more information. Flyers can be found at <https://bit.ly/30Kf2iN> and <https://bit.ly/3lqGM4F> with details about information sessions and an open house being held by Marist College this fall.
- **PARTNERSHIP WITH SUNY EMPIRE STATE COLLEGE:** SUNY Empire State offers a variety of educational opportunities through 35 collaborative learning centers across New York and through online academic programs. All members, employees and retirees of The Arc New York as well as family members who live in their homes are eligible to participate in their Corporate and Community Partner Benefits program, which includes a waiver of the admission/orientation fee and a one-time \$100 presidential scholarship with matriculated enrollment at SUNY Empire State. A list of their degree programs is available at esc.edu/degrees-programs. To receive these benefits, participants must apply online and enter the partnership code ECPTRARC. Those interested in receiving more information about SUNY Empire State College may request it at www.esc.edu/learn-more.

OCTOBER RETIREES—THANK YOU FOR YOUR YEARS OF SERVICE!

Judy Rhodes, RN—Residential | Years of Service: 36 years, 6 months | Retirement Date: October 31, 2020

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 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.



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 full October calendar, which includes Halloween-themed crafting in addition to the regular schedule of painting, yoga, meditation, Bingo, baking, photography and more, visit thearclexington.org/s/September-October-2020.pdf. Pre-registration is required. To sign up, call (518) 661-9932 or email lozierh@thearclexington.org.

SPAGHETTI DINNER FUNDRAISER TO BENEFIT THE NIGRA ARTS CENTER

Wednesday, November 11 | 3:30-7:00 p.m. | Plaza’s Italian Bistro Drive-Thru, 130 N. Pine St., Gloversville

We are holding a spaghetti dinner fundraiser for the Nigra Arts Center! Meals cost \$8 each and include spaghetti, meatballs and a roll. Contact your AD or Dale Schermerhorn at (518) 774-5757 or schermd@thearclexington.org to purchase tickets! Collect your meals on November 11 by going through the drive-thru and presenting your ticket. Tickets will be on sale through **November 9**.

THE NIGRA ARTS CENTER IS OPEN!

Come enjoy the grounds, view our art show, check out the gift shop or take a class! There have been some changes in protocol to keep everyone safe and healthy in our new normal. To see a video outlining the new procedures, please go to <https://bit.ly/3jLFbGO>.

COME VIEW OUR NEW ART SHOW!

The 2020 Nigra Arts Center Membership Art Show is a special showcase of work from only our member artists—including several of our own Creative Expressions artists! Come see our celebration of the talents of our members **weekdays 9 a.m. to 6 p.m. or Saturdays 10 a.m. to 1 p.m. from October 1 to November 6!**

CHECK OUT OUR VIRTUAL ART SHOWS!

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

RESOURCES AND COMMUNICATIONS

Previous resources can be found at thearclexington.org/wellness or 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.

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! If you have questions or would like to submit information for a future newsletter, please contact Megan Balsler at balserm@thearclexington.org or (518) 661-9932.

CONTACT INFORMATION

Megan Balsler | balserm@thearclexington.org
Lexington, Chapter of The Arc New York
2736 State Highway 30, Gloversville



“Like” us on Facebook!

www.facebook.com/LexingtonARC
www.facebook.com/FlametheBand
www.facebook.com/TransitionsUSA
www.facebook.com/PaulNigraCenter