

# LEXINGTON HAPPENINGS



## SPECIAL BULLETIN: COVID-19 UPDATES

FRIDAY, JUNE 12

### MESSAGE FROM SHALONI



Dear Lexington staff members,

I hope each of you is doing well, as are your families. Here is my weekly update to you regarding our war with the coronavirus:

#### **COVID-19 at Lexington:**

- We had another week with no positive cases in the Lexington Family.
- We have 7 pending tests as of June 11 for people we support. Five are due to post-hospital monitoring and two each with illness. These tests are precautionary, not due to exposure.
- We have one employee awaiting results. She was last with a family member on May 20 and found out on Monday that he has just tested positive.

#### **COVID-19 in our communities:**

- As of June 10, there were a total of 230 positive cases of coronavirus in Fulton County and 1,996 in Albany County. Since June 3, Albany cases rose by 76 and Fulton County by 17.
- The World Health Organization on Monday reported the highest ever daily COVID-19 case count globally.
- In the United States, 21 states are seeing coronavirus cases rise as the country reopens.
- This data tells a compelling story - that cases in our communities, our country and around the world are still rising. This is a reminder of how all of the preventative measures we put in place at Lexington and we hope in your personal lives continue to keep the Lexington family safe, including you, your co-workers and the people we support. Although it hasn't been easy and has been challenging in many ways, for now we continue to hold at bay the spread of COVID-19 at Lexington.

#### **COVID-19 infections and deaths are higher among those with intellectual and developmental disabilities (I/DD)**

On National Public Radio's (NPR) "Morning Edition" show on Tuesday, among many stories was one that caught my attention. An NPR analysis of data from a study of people in Pennsylvania showed that people with I/DD contract COVID-19 at a higher rate and die at a higher rate than the general population. In Pennsylvania, there were 800 people with I/DD diagnosed and 113 died – a rate nearly two times higher than for that state's general population. The story went on to report that Scott Landers from Syracuse University has collected data that shows similar numbers for people with I/DD in New York State. This study looked at medical records for 30,282 people with the virus, including 474 with developmental disabilities. Findings showed that people with I/DD in group homes in the U.S. are shown to be some of the highest death rates in the country – people with I/DD are two times more likely to die from the coronavirus than the general population. Some of the reasons for those frightening numbers are that people with I/DD are more likely to have a health condition which makes them more vulnerable to COVID-19, including hypertension, heart disease, respiratory disease and diabetes. Their group home setting with

roommates and staff coming in and out of the home exposes them more frequently.

The purpose of presenting this data is to heighten your awareness of the devastation of COVID-19 on the people we support and how what you do can affect their safety. There is new information that was just released from NY State on the regions that are scheduled to move into Phase 3 of NY Forward this Friday – including Fulton County’s Mohawk Valley Region. That includes personal services like spas, cosmetology, nail salons and massage therapy; restaurants and bars; childcare and day camps; and more. Of course these businesses are allowed to open, but with strict policies and procedures and preventative measures in place – masks, social distancing and more.

I urge you to use what you learned at Lexington to apply a heightened awareness of what you’re doing in the community. It is important to be extra diligent about the use of masks, hand washing and social distancing both in our locations as well as in the community. The data for our communities shows that COVID-19 is still here and we still need to be vigilant in our war against the coronavirus. We have a responsibility to the people we support and to each other to do so.

Despite our challenges with the pandemic and the changes to routine, the work that you do to support the individuals at Lexington really shines through! You are constantly finding ways to continue to make people happy while keeping them safe and we see evidence of this every day.

Thank you for your continued support to everyone we are responsible for at Lexington and to each other. Please take care of yourselves, your family and the Lexington family.

With gratitude,

Shaloni

## WORKPLACE RESOURCES—MANAGING WORKPLACE NOTIFICATIONS

Workplace Notifications are a great way to keep you updated on what’s going on in the Lexington Workplace Community. Notifications are sent to you when group activity, tags, comments, status updates, photos, links, comments and likes are posted to a Group or Activity you are involved in. But the more groups you belong to and coworkers you follow, the more notifications you get. This can be overwhelming at times, when all we really want is to focus and stay up-to-date on things that matter most. To help quiet the noise in your Workplace Notification Inbox, here are some top tips for managing your notifications:

1. **Adjust Your Notification Settings:** Your Notification Inbox makes it easy to edit how you receive notifications. There are three kinds of notifications that you can edit: Email Notifications, In-App Notifications and Push Notifications.
  - Within your Notification Inbox, you can update, stop or edit the frequency and type of notifications in bulk. You can also edit the notifications from groups individually to receive: All Posts, Highlighted Posts/Suggested Posts or Opt Out/Off. If you turn off your Group notifications, you will still be notified if you are @mentioned in anything. Visit [Managing Your Notification Settings](#) to learn more.
2. **Filter Your Notifications:** Within your Notification Inbox, you can filter your notifications down to All, Unread, Tags and Replies, From Pinned Groups and Priority. Sorting your notifications keeps you informed of information most relevant to you. Pinned and Priority Groups and Users are most important to your workflow and can easily be accessed under your Priority Notifications and on your Group Shortcuts list. Learn more with [Managing Notifications in Workplace](#).
3. **Maintain a Healthy Work/Life Balance:** Set Workplace notifications aside to focus or disconnect with **Do Not Disturb**. You can activate Do Not Disturb to turn off Workplace notifications for a certain number of hours, days or based on a specific schedule. Visit [Using the Do Not Disturb Feature](#) to learn more.
4. **Stay Organized:** Workplace has a variety of features that you can use to help you stay updated with important people and posts. These features include: [Priority Groups](#), [Important Posts](#), [Saved Posts & Messages](#) and Group Shortcuts.

To learn more about Workplace Notifications, visit [Tips for Managing Your Notifications](#), [Editing Notification Settings for a Workplace Group](#), [Optimizing Your News Feed](#) and [Ways to Stay Organized in Workplace](#). Not on Workplace? Email Meredith Fritch at [fritchm@thearclexington.org](mailto:fritchm@thearclexington.org) for an invitation. Be part of the Lexington conversation!

## #RISINGTOGETHER AT LEXINGTON!



A lot is going on at Lexington as we move closer and closer to summertime. Here are a few stories from the houses!

- There is no shortage of creativity at our houses when it comes to thinking of new ways to stay busy and have fun! The men at Northampton built their own seven-hole mini golf course in their yard and had a blast playing with each other! Pictured are Patrick Kelly and Lori Collado lining up a shot on the course.
- Cooking is a great way to spend time together while learning new skills and making delicious food to share! Pictured are Shannon Watkins and Michelle Watson making chicken wing dip last week at McQueen.
- Art continues to be a popular way to pass the time creatively! The women who live in Mayfield have been doing a lot of coloring and painting—pictured is Barbara Morgan making a beautiful new wall decoration for her home.
- The weather is beautiful and all the plants are in bloom—a perfect time to spruce up our homes and yards! Pictured here is Taneesh Mannion planting sunflowers at Maple Avenue. The home is that much brighter with the flowers adorning it!
- Brooke Caraco enjoyed a socially distant visit with her mother this week! Thank you to all the staff who continue to help the people we support stay connected to their families in a time when they can't spend time together like they are used to.
- The team at 15 Lex decided to bring the beach to them this week! They held their own Beach Day, complete with a pool, beach balls, fun sunglasses and much more outdoor fun! Pictured here are Laurel Paradis and Gerald Kasper enjoying the water.

### VIRTUAL CLASSES AT THE NIGRA ARTS CENTER

The Nigra Arts Center is offering free, interactive arts classes and other social activities through Zoom! To see the full June calendar, which includes bingo, painting, photography, journaling, baking, yoga, music, dance and more, please visit [thearclexington.org/s/June-2020-Nigra-Arts-Center-Virtual-Arts-Calendar.pdf](https://thearclexington.org/s/June-2020-Nigra-Arts-Center-Virtual-Arts-Calendar.pdf). Pre-registration is required. To sign up, please call (518) 661-9932 or email [lozierh@thearclexington.org](mailto:lozierh@thearclexington.org).

## NEW RN/LPN REFERRAL BONUS PROGRAM!

The Human Resources Department has added a new bonus program for employees who refer RNs/LPNs who are subsequently hired by Lexington! You can earn up to \$750 in bonuses through this new program. For more information, please see the flyer on page 5 or contact Heidi Smith at [smithhei@thearclexington.org](mailto:smithhei@thearclexington.org) or (518) 775-5439.

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

**Elizabeth Whitman**, Job Coach | Years of Service: 24 years, 4 months | Retirement Date: June 2, 2020  
**Linda Daigle**, Speech Pathologist | Years of Service: 19 years, 5 months | Retirement Date: June 2, 2020  
**Michael Schanthal**, Job Developer | Years of Service: 32 years, 8 months | Retirement Date: June 6, 2020

## EMPLOYEE ANNIVERSARIES (1, 5 & 10+ YEARS) | JUNE 3 TO 12 | CONGRATULATIONS!

**Natasha Nellis**, Residential, 6/3, 1 year  
**Patrick Sheeran**, Transportation, 6/3, 1 year  
**Laurie Cetnar**, Day Hab, 6/6, 15 years  
**Virginia D'Amore**, Day Hab, 6/6, 15 years

**Tina Roice**, Day Hab, 6/6, 15 years  
**Anthony Hanson**, Residential, 6/10, 1 year  
**Gillian Aluin-Kemp**, Clinical, 6/11, 1 year  
**Amy VanNostrand**, Family Services, 6/12, 15 years

## CLINICAL SUPPORT GROUPS FOR PEOPLE WE SUPPORT AND STAFF

The Clinical Department is offering the people we support and our staff virtual support groups via Zoom! The calendar and details on how to participate can be found at [thearclexington.org/s/June-Clinical-Support-Group-Calendar.pdf](https://thearclexington.org/s/June-Clinical-Support-Group-Calendar.pdf). In addition to the groups started in May (Gathering Place, Drama Club and Manager's Support Group), June's calendar includes new groups such as Music Friday and day hab support groups so people can visit with their friends! There are also opportunities for small groups or individual counseling. For questions or more information, please contact Susan Banks at (518) 775-5357 or [bankss@thearclexington.org](mailto:bankss@thearclexington.org).

## PURELL HAND SANITIZER FOR ALL STAFF

We now have enough inventory to supply every employee with individual 1-oz. bottles of Purell hand sanitizer for use at work. There will also be 64-oz. pump bottles of Purell at each of our locations to be used to refill the 1-oz. bottles. These bottles are specified for use at work only and are not to be taken home. The Purell refill pump bottle can be found at your PPE station in homes or at reception areas in other buildings. Please remember to wash or use sanitizer on your hands frequently to avoid the spread of COVID-19. Thanks for helping keep everyone safe at Lexington!

## TRI-CITY FOOD CO-OP ORDERS

**Tri-City Food Co-op** is offering deliveries for Lexington employees on June 17, 3:15-3:30 p.m., at 21 Rapp Rd, Albany; June 23, 3:15-3:45 p.m., at Oppenheim Day Hab, 405 Co. Hwy 114, St. Johnsville; and June 25, 3:30-4:45 p.m. at 465 N. Perry St., Johnstown. **You may use your \$40 employee voucher for the Johnstown and Oppenheim order dates even though the voucher states to use it before June 15.** For questions, please contact Lynette May at [mayl@thearclexington.org](mailto:mayl@thearclexington.org) or (518) 661-9932.

## RESOURCES AND COMMUNICATIONS

Resources highlighted in previous weeks can be found at [thearclexington.org/wellness](https://thearclexington.org/wellness) or [thearclexington.org/family-connections](https://thearclexington.org/family-connections).

- **United Concierge Medicine: The Virtual ER**—Lexington's Telemedicine provider (1-844-484-7362).
- **Childcare Assistance through the DSS**—If you need help with childcare for your kids under age 13, the Fulton County Department of Social Services may be able to offer subsidies for both informal and licensed day care! For more information and to find out if you qualify, please click the link or call (518) 736-5525 (last names A-K) or (518) 736-5766 (last names L-Z). For help finding a childcare provider, call Brightside Up at (518) 426-7181, ext. 349.
- **8 Easy Stretches for a Quick Break**—From the [Lexington Activity & Resource Center Workplace Group](#): Click the link for a video demonstrating some simple, quick stretches you can incorporate into your routine wherever you are to improve stiffness, stress and overall wellness!



ATTENTION LEXINGTON EMPLOYEES

# EARN UP TO **\$750** IN BONUSES THROUGH OUR NEW **RN/LPN** REFERRAL PROGRAM!

Employees who refer an RN/LPN who is HIRED will receive a \$500 bonus over the period of 9 months of the new hire's employment!

Employees who refer an RN/LPN who INTERVIEWS will be entered into a monthly drawing for an additional \$250!

For more information about the referral bonus program please contact HEIDI SMITH in Human Resources, [smithhei@thearclexington.org](mailto:smithhei@thearclexington.org)

**Apply at [thearclexington.org](http://thearclexington.org)  
or call (518) 773-7931**

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